

## Physical and Emotional Fitness

Energy is a precious resource and energy capacity can diminish with overuse and underuse.

Managing energy not time is the key to performance, health and happiness  
Most of us are doing the best we can. We survive on little sleep, too much fast food and little exercise. Fuelling up with coffee and cooling down with alcohol and sleeping pills.

This can lead to being short tempered and easily distracted  
Sometimes families are not viewed as a source of renewal but as one more demand in an overburdened life.

There are alternatives

Unlike most addictions, workaholism is often admired, encouraged and materially rewarded.

The costs are more long term. Researchers have found that those who describe themselves as workaholics have a significantly higher than average incidence of alcoholism, divorce and stress related illness.

To build the capacity for strength, flexibility and endurance physically emotionally we can train the way athletes do. Maybe not as hard and not to the same end goal.

We can have a structure that works for us Systematic –practice and learning from those who have the tools

Discover your values and purpose

Model something that has worked for others

Focus on the vision of what will be achieved

Practice –repetition

and take action

How are you managing your energy ?

Are you becoming the athlete physically and emotionally?

Most of what we do is automatic and non conscious.

Conflict in the workplace can be incredibly destructive to good teamwork. Managed in the wrong way, real and legitimate differences between people can quickly spiral out of control, resulting in situations where co-operation breaks down and the

team's mission is threatened. This is particularly the case where the wrong approaches to conflict resolution are used.

We can transform threats into challenge with this simple learnable technique.

[To book an introduction to this technique click here](#)

Manage anger and stress and heal past pain in relationships  
Boost performance, creativity, team-work and profits

**Benefits for individuals and teams**

Competence	Optimism	Harmony	Confidence
Clarity	Enthusiasm	Understanding	Fulfilment
Trust	Self Respect	Full engagement	

**You will learn to:**

**Find solutions that consider everyone's needs**

**Elements of empathy**

**Communicate in ways that are more likely to foster cooperation and trust**

**Clearly articulate what you are wanting in each interaction even in challenging situations or where resistance emerges**

**Manage anger and stress**

**Boost performance, creativity, team-work and profits**

[To book an introduction to this technique click here](#)

