

Energy Management: Finding the Strength to Get it Done

Time management is sooo 20th century. These days, it's energy management that makes all the difference. In a world of rapid change, marshalling the right amount of energy at the right time and place to get the job done determines who will be successful. Athletes, entertainers, pilots, trial attorneys and the military train constantly to be physically and mentally ready to perform with peak energy over short periods of time - a game, a show, a flight, a trial or an engagement. Yet in business, professionals attempt to perform at high levels over many weeks and months, often without much of a break. This course seeks to change your outlook and approach by tapping secrets from sports, science, psychology, literature and even history.

OBJECTIVES

Upon completion of this course, participants will be able to:

- Learn strategies to focus your energy for peak performance when it matters
- Discover how to avoid energy sinks that can sap your strength when you need it most
- Develop strategies to improve your health and your career

HIGHLIGHTS

- Reducing the effort to manage time and learning to manage your energy effectively
- Developing the ability to identify where your energy is being spent-and lost
- Understanding the different types of energy and what they can do for you
- Knowing why you're tired...and what to do about it
- Balancing the mental game and the physical game
- Training for the kind of energy you need most

DESIGNED FOR

All



RECOMMENDED CPE:

8

PREREQUISITE:

None

EVENT ID:

ENERGY

COURSE LEVEL:

All

FIELD OF STUDY:

Personal Development

BLI CURRICULUM:

Leadership Development

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VENDOR:

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For information regarding on-site training, email aicpalearning@aicpa.org, call **800.634.6780 (Option 1)**, or visit aicpalearning.org.