

# Leadership development bootcamp



## #1 Personal Resilience

### Overview

Our ability to perform is directly related to how we manage our energy. To be effective leaders, we need to be aware of our energy levels and build healthy practices to grow our energy.

The Recharge Assessment is an awareness raising tool which gives a diagnostic of our energy in the current moment and identifies opportunities for expanding our energy

### Purpose

Skilfully managing personal energy is a universal challenge. Productivity pressure, increased complexity, technology, and the sheer speed and volume of information is depleting and difficult to keep up with.

By being intentional about how we manage our energy and taking steps to recover, renew, and expand, we can unlock new levels of performance to keep up with growing demands.

### Learning Review

#### Physical Energy

refers to the **quantity** of energy — we can only do as much as our body allows, so physical energy is the foundation for all types of energy.

Four components make up physical energy: nutrition, sleep, movement, and daytime rest & recovery.

The latter is the one we most often ignore.

#### Emotional Energy

refers to the **quality** of energy - positive emotions fuel performance. It is hard to get stuff done when we are feeling stressed, frustrated, angry or sad.

The quality of our emotions matter tremendously. As leaders we need to be attentive and intentional about how we and our people are feeling.

## Mental Energy

Mental energy indicates how **focused** our energy is.

Cultivating mental energy makes us more efficient and creative.

The goal is to direct our attention to where it is going to add most value.

## Spiritual Energy

Spiritual energy is derived from **meaning** and is deeply personal – what I do matters.

We also create spiritual energy from alignment – when our actions align with our values.

Finding what uniquely gives us meaning helps us be our best and it is time well spent, because this is the most potent source of our energy.

## Reflection Questions

Revisit your Recharge Assessment, reflect on how you are doing across four dimensions of energy–

- *Where is your opportunity to grow your energy?*
- *What action can you take which will make the biggest difference?*

Commit to one habit change. After 90 days the new habit will be automated and you can move to your next opportunity!