

ENERGISEME



EMPOWERING INDIVIDUALS
WITH THE ESSENTIAL SKILLS
TO HELP MANAGE STRESS
AND BOOST PERFORMANCE



OVERVIEW

Personal and professional life is like being on a rollercoaster. We have ups and we have downs, we can be thrown around side to side, through dark tunnels with no glimpse of any light and our worlds can be turned upside down at any time. Enabling people to accept this current reality and give them the tools to manage their reactions to it is key.

Stress can be your best friend or your worst enemy and our programme

EnergiseMe helps people recognise this, enabling them to put practical steps into place when they are reacting in ways that can be harmful. This interactive blended programme helps participants understand what exactly is meant by 'stress' and how to manage it by making small changes in everyday life and work.

Exploring the difference between positive stress (eustress) and negative stress (distress), we consider how the human performance curve can influence what action needs to be taken in order to create more positive outcomes for ourselves and those around us.

By applying the 5 ways to wellbeing throughout the learning journey, participants get the chance to understand who is responsible for taking action when it comes to stress. By working through and committing to practical steps, cohorts build a resilience and a wellbeing tool kit that aids performance for happier and healthier communities.

WHO IS THIS FOR?

Anyone looking to understand and manage stress, and improve overall personal and professional wellbeing.

HOURS

3 hours of facilitation
4 hours of app learning

RECOMMENDED DELIVERY

Over 2 weeks



LEARNING JOURNEY

STAGE 1

WELCOME TO ENERGISEME

We get underway with 4 steps of micro learning that sets the scene into how we as humans find ourselves reacting to the challenges that life throws at us. Participants absorb and understand how we are moving through the human performance curve and how developing a great awareness of it can have immediate benefits on how to manage stress.

STAGE 2

IDENTIFYING BAD STRESS

In the first of 3 high impact facilitated sessions, participants gain greater insight into the effects of bad stress and explore the behaviours and actions in the 5 zones of the human performance curve. Paying specific attention to the triggers that influence unhelpful reactions to bad stress, the session highlights what interventions need to happen in order for people to renew their energy so that they can experience peak performance more of the time. After this session, participants dive into engaging micro learning content that helps solidify the benefits of adopting each of the 5 ways of wellbeing.

STAGE 3

THE 5 WAYS OF WELLBEING

Stage 3 begins with a facilitated learning check in. In this session participants get creative and come up with different ways to embed the 5 ways of wellbeing. They use their new found thinking to apply and reinforce behaviours in order to make them more habitual. They express the ways in which they will commit to the 5 ways to wellbeing through the app and their coach feeds back to check willingness and follow through.

STAGE 4

EMBEDDING & COMMITTING

The programme comes to an end and the cohort gets to reflect on what has come before and how as a result of the programme they plan to manage stress as individuals and teams. They leave the programme with a clear action plan of what to do when they find themselves in the Drone, Survival or Burnout Zones, remembering that prevention is always better than cure.

IMPACT



Allowing people to become responsible and owning ways in which they react to events



Increased engagement



Practical tools to implement to avoid burnout



Reduced absenteeism



Seeing individual and team improvements in performance

GET IN TOUCH

e: info@leadershipfactory.co.uk

t: 01786 406620