

# Managing my Personal Energy

- What does resilience mean for me?
- What are the component parts of personal energy and resilience?
- What factors will be important for me in connecting with and maintaining my resilience?

Finding the tiger within

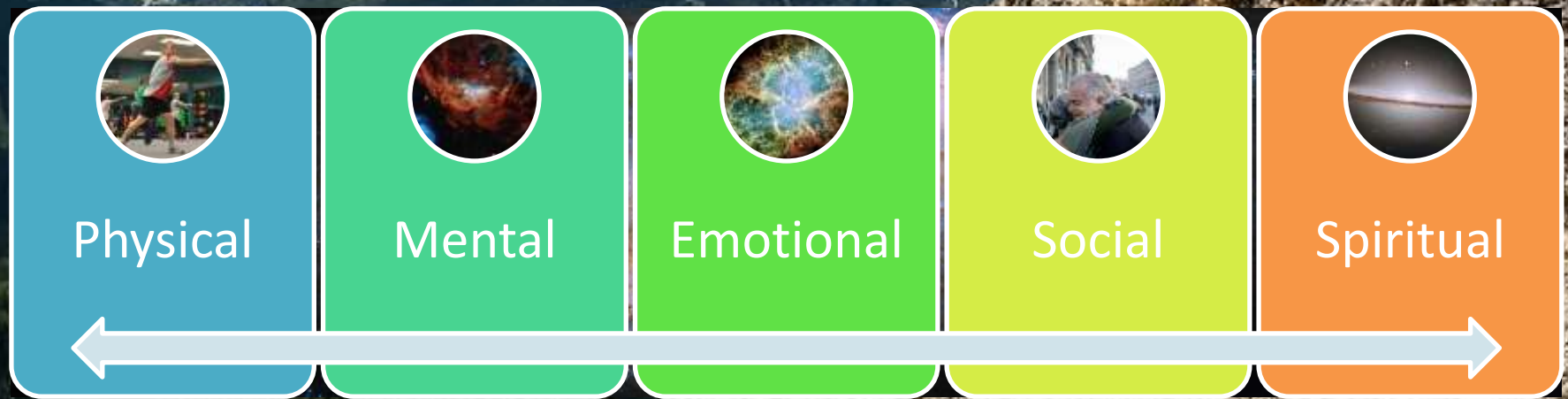
# Objectives – Managing My Personal Energy



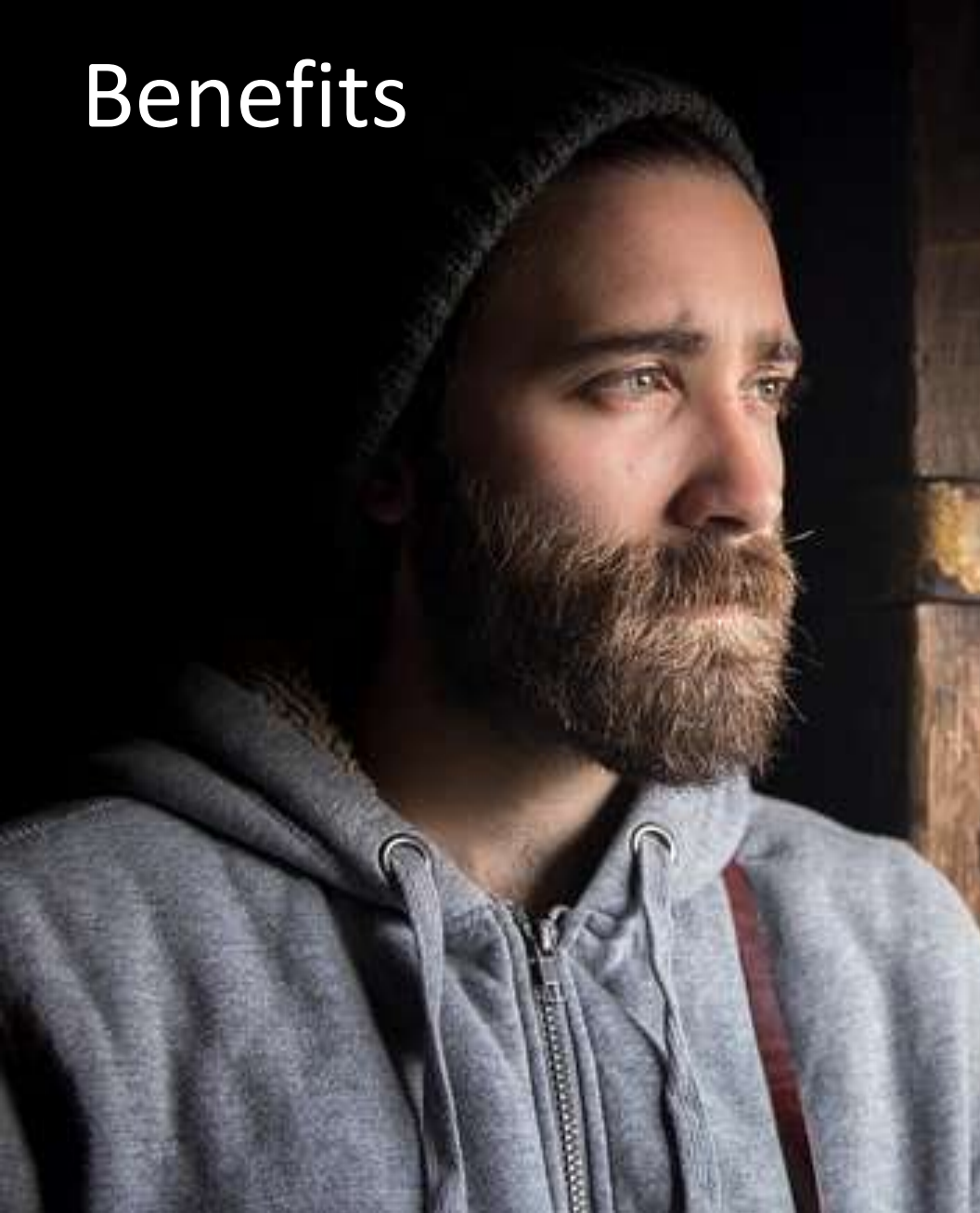
- Understanding that my personal energy/resilience is like a muscle that I need to exercise to keep it healthy.
- Understanding the sources of my energy and how they can be depleted and restored.
- Reflecting on what actions I can take to build my resilience that will work for me.



# Managing My Personal Energy



# Benefits



- Greater awareness of what is needed to build and sustain my resilience.
- Able to reflect and identify what I am doing that re-energises me and what I may not be paying enough attention to.
- Increased energy to deal with the unexpected as well as the normal daily challenges.

# PPI Approach & Methodology

- **People have conscious choice on what they learn.** They need to understand and be persuaded by “why” if they are to change established ways of doing things.
- **Adults already have a lot of experience and knowledge** so it is important to tap into this and help them identify what to unlearn and what to learn.
- **An interactive approach is necessary to facilitate this happening.** The trainer is a facilitator not necessarily the expert. Learning happens from colleagues as much as from the trainer and the situation.
- **The model we follow** in design is experience, reflection, action planning, implementing, review and further action planning.





# Our Global Team in Numbers



18

Total  
languages  
spoken

25

Average  
years of  
work  
experience

20+

Facilitators  
& Coaches