

# Energy for performance!

Valts Abols

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# ENERGY MANAGEMENT

- Our most critical resource is our energy
- Most fail to manage it effectively

# Objectives:

- Expand capacity to perform in high stress environments without compromising health and happiness
- Expand capacity to make personal change

# PROFESSIONAL ATHLETES VS. CORPORATE ATHLETES

	PROFESSIONAL ATHLETES	CORPORATE ATHLETES
Training	90%	10%
Hours worked	4-6/day	8-12/day
Career span	7-10 years	30+ years

# FULL ENGAGEMENT

The *acquired* ability to *intentionally* invest your **full** and **best** energy, right here, right now.

# ENERGY IS FOUR-DIMENSIONAL

we develop



we become  
extraordinary



# Paradigm Shift

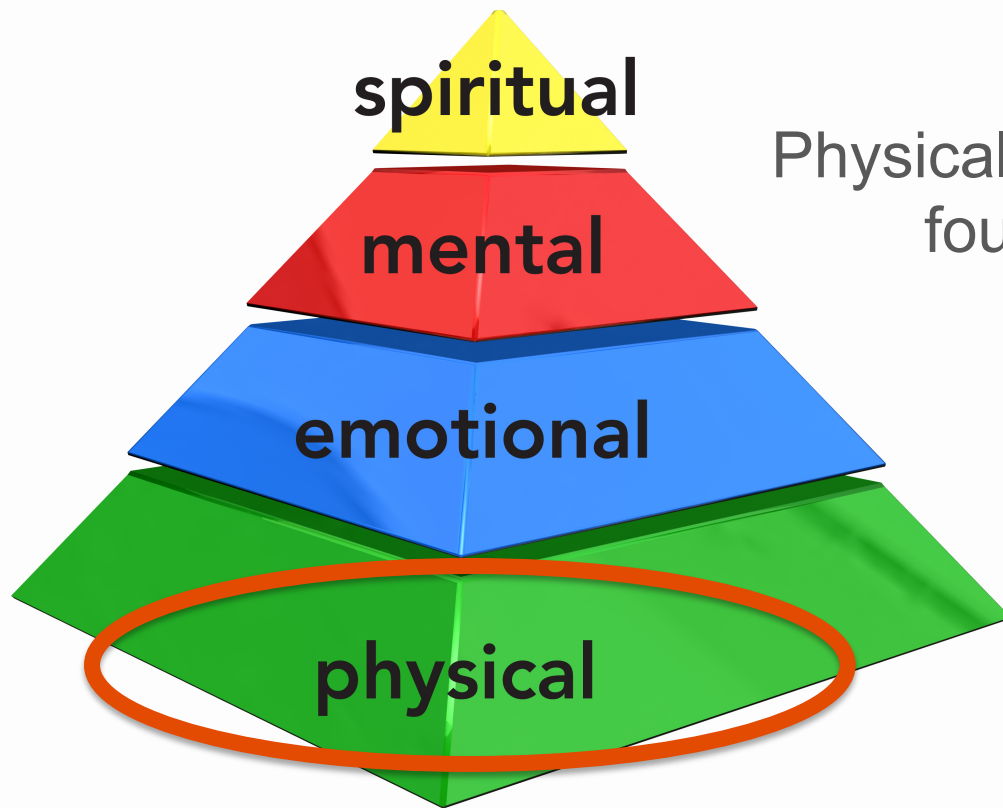
Managing **ENERGY**, not just time, is the **KEY** to extraordinary results!



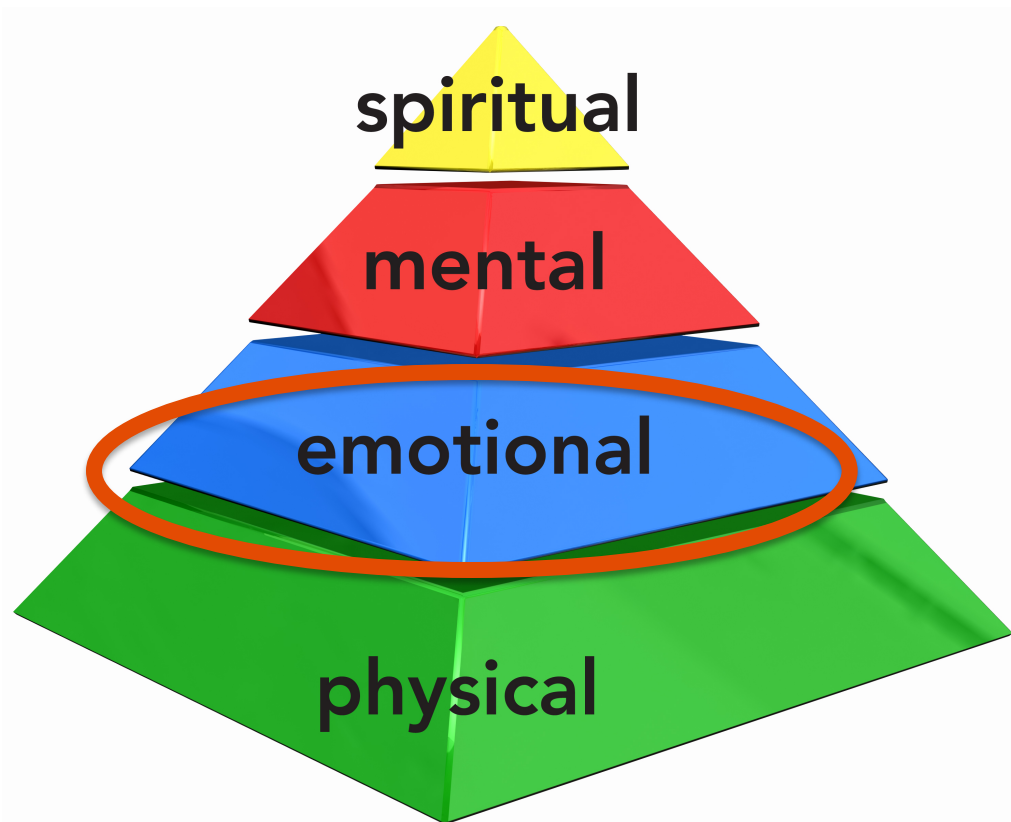
Absenteeism  $\xrightarrow{\text{Time}}$  Presenteeism  $\xrightarrow{\text{Energy}}$  Full Engagement

Unaware  $\longrightarrow$  Fully aware

Mindlessness  $\longrightarrow$  Mindfulness

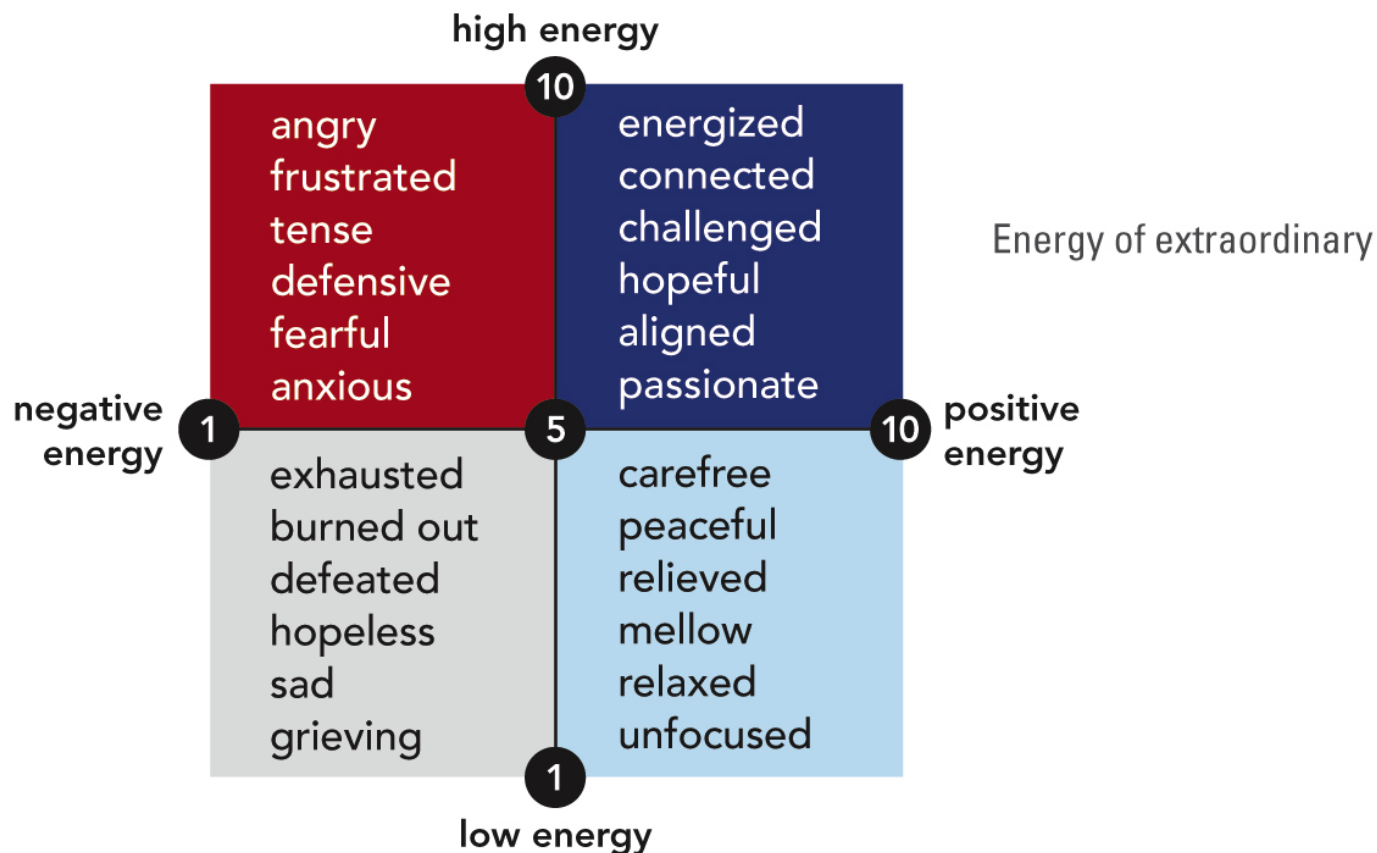


Physical energy is the foundation of full engagement.



negative emotions  
(survival based)

positive emotions  
(opportunity based)



# Linearity leads to serious disengagement

Too much stress with too little recovery (overuse) *OR*  
Too much recovery with too little stress (underuse)  
*will compromise performance*

# Sprinter vs. Marathoner Metaphor

*LIVE LIFE IN A SERIES OF SPRINTS!*



# MULTITASKING

Multitasking is the Enemy of Extraordinary Energy

- The human system performs best when we are laser focused
- We are either focused or not focused



## What is Multitasking?

- Simultaneous processing of two or more unrelated tasks
- Result is poor energy management and not fully engaged in either task
- i.e. talking on a cell phone while driving a car, talking to a direct report and checking e-mail

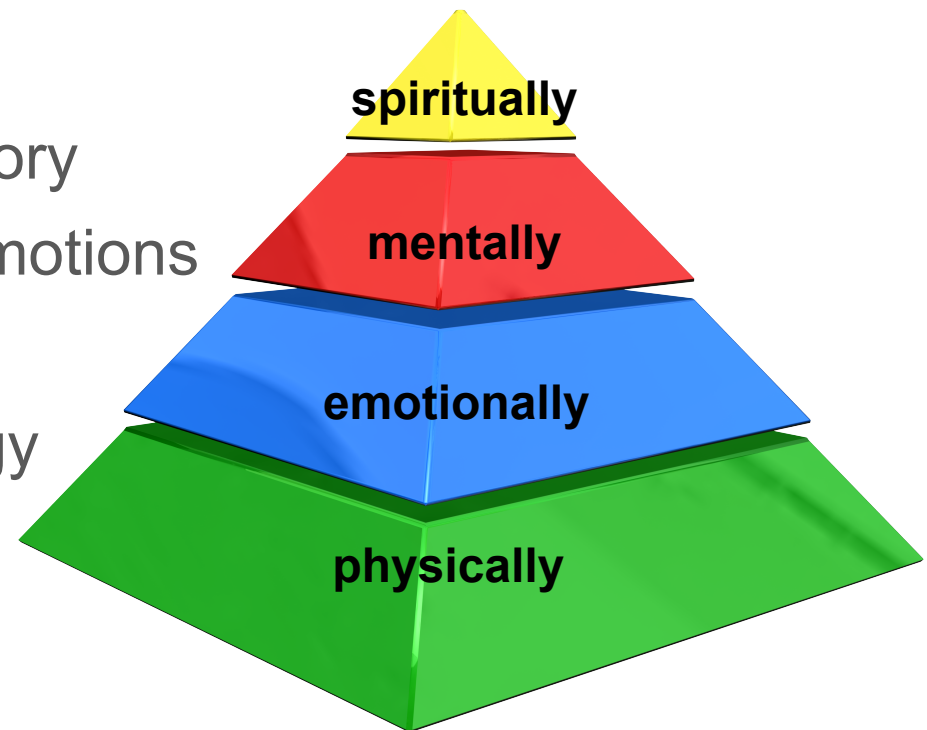
## What is NOT Multitasking?

- Sequential processing of two or more unrelated tasks
- Result is strategic energy management and full engagement in each task
- i.e. checking e-mail for a specific time period, then immediately turning to work on a project for a specific time period



# FULL ENGAGEMENT

- Purpose-driven
- Focused/engaging story
- Opportunity-based emotions dominate
- Ample physical energy



# Disengagement

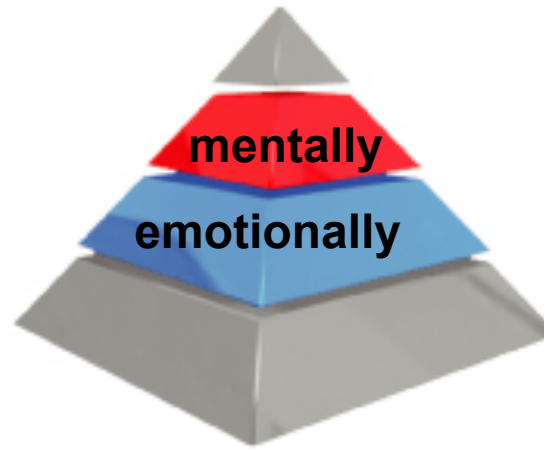
- Unclear or misaligned purpose
- Multitasking/faulty storytelling
- Survival emotions dominate fear/anger
- Fatigue



# Typical Profile of Business Professionals



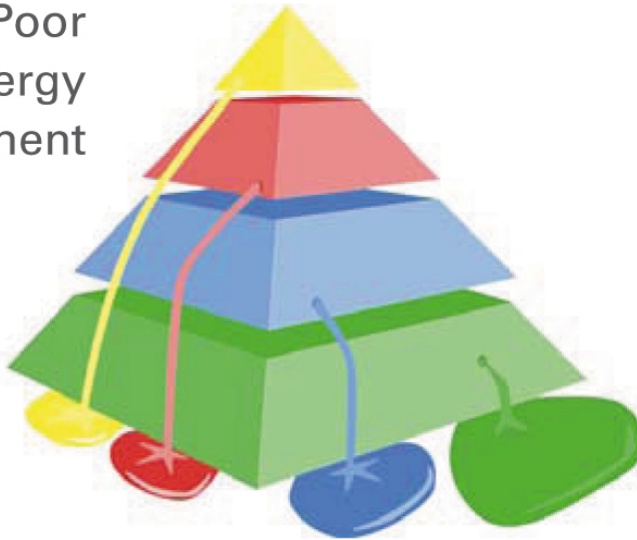
Not enough stress



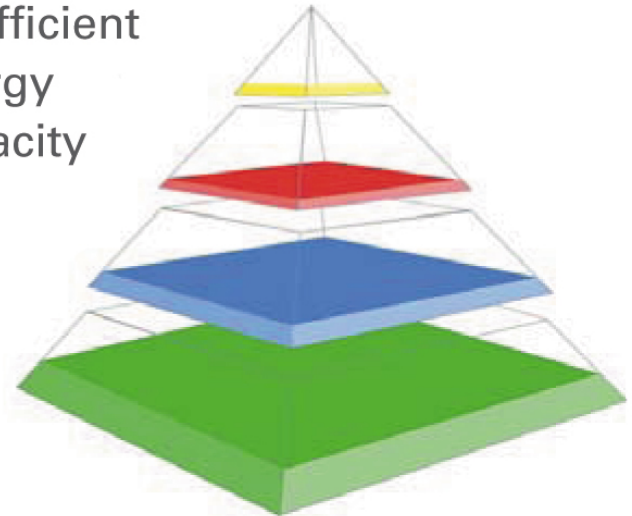
Not enough recovery

# Barriers to Full Engagement

Poor  
Energy  
Management

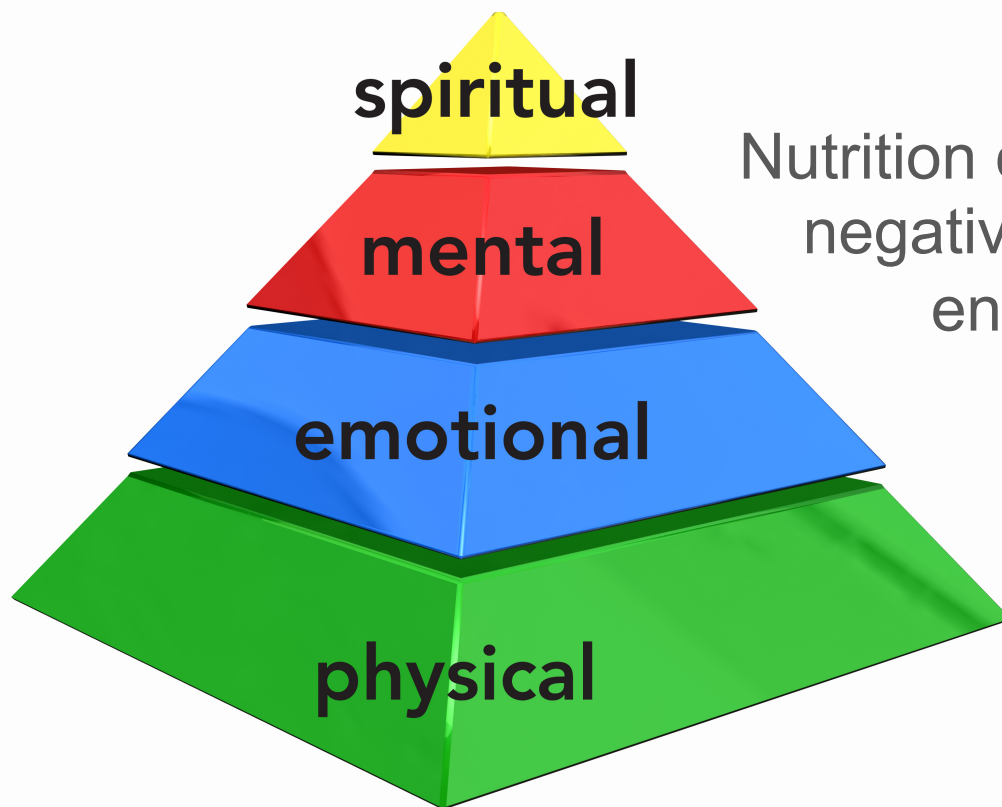


Insufficient  
Energy  
Capacity



**ENERGY = GLUCOSE + OXYGEN**





Nutrition can positively or negatively impact each energy dimension.



# Glucose - Nutrition

- Need and want foods
- Eating light and often
- Glucose story
- Breakfast
- Snacks and GI
- Peace sign
- Hydration
- Coffee and alcohol

# Oxygen – Movement and recovery

- Strategic movement
  - Stretching
  - Small movements
  - Large movements
- Breathing
- Sleep and recovery
- Fitness
- Training strategies

# Summary

- Energy is 4 dimensional
- Stress for success
- Recovery
- Positive rituals
- Employer can be supportive in every step