



WICSEC Possible

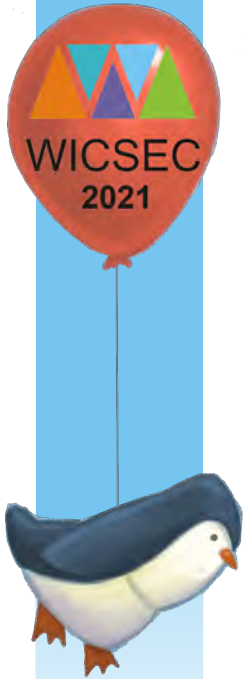
September 28, 2021

MANAGE YOUR ENERGY NOT YOUR TIME

Maureen Leif, J.D.
Grays Peak Strategies



Liz Bullard
Grays Peak Strategies



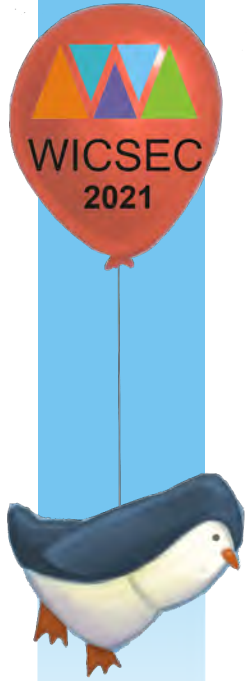
**What is the typical response today
to the question**

“How are you?”

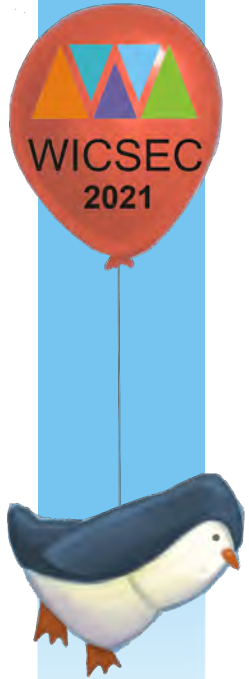
***HINT: 4 Letters Long; does not start
with “F”***

Add Response to Chat Box





BUSY!



Menti Poll

In one or two words:

What is keeping you BUSY?



PM Evening hours workers have been communicating more in since shift to remote work

73,810,000,0045

Avg # of interruptions work professionals experience per day

35

% of time saved from NOT commuting devoted to non-leisure activities (work, childcare, etc.)

48

% of survey respondents who are experiencing burnout in 2021

% of Professionals in pandemic report now working on weekends

6-12

% of remote employees who say they now work more hours during the week than before

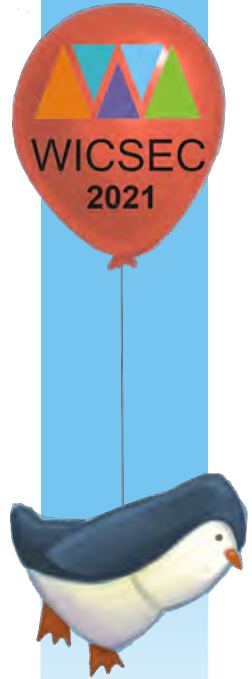
53

Avg # of minutes work day increased in

60

% increase in risk of dying from stroke when working 55 or more hours/week

87



Anything Surprise you?

Add Response to Chat Box



**Manage Energy
Not
Time**



PHYSICAL



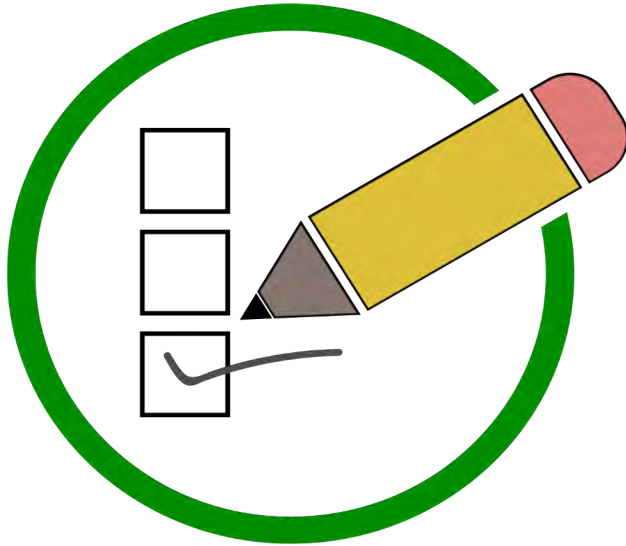
MENTAL



EMOTIONAL



SPIRITUAL



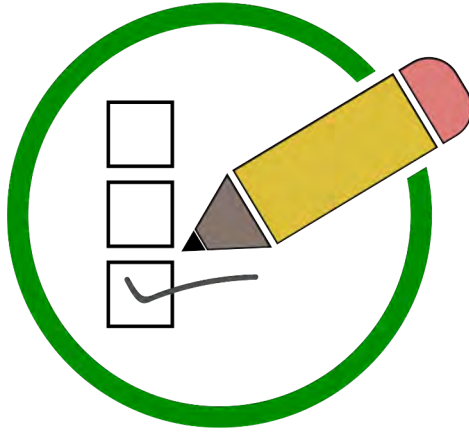
4 Poll Questions.

Each Question has 4 answers.

Click on as many answers that are TRUE for you. Otherwise, leave blank.

Keep track of how many you answered TRUE in each category for a total score.

BODY



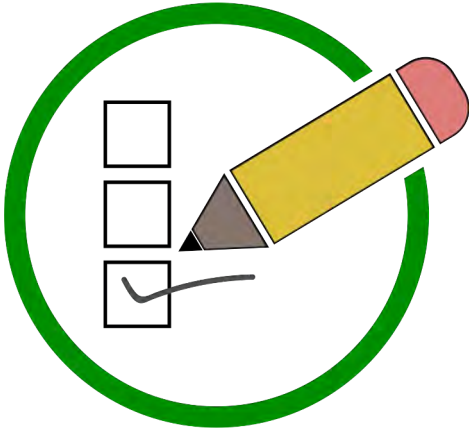
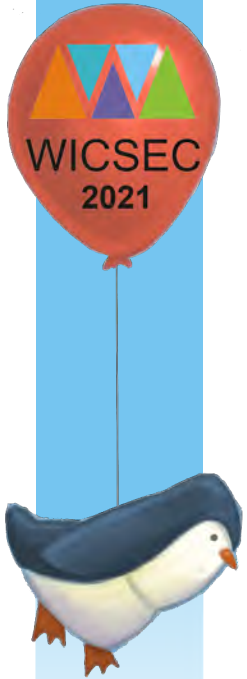
a. I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.

b. I frequently skip breakfast, or I settle for something that isn't nutritious.

c. I don't work out enough (meaning cardiovascular training at least three times a week and strength training at least once a week).

d. I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat it at all.





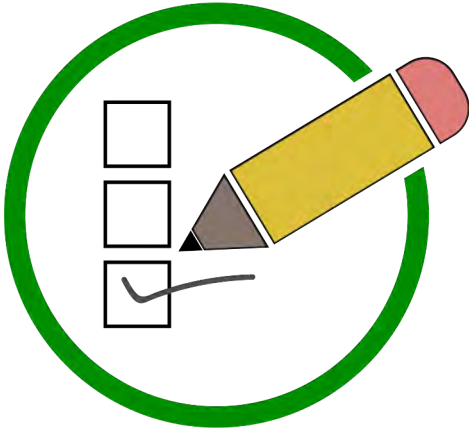
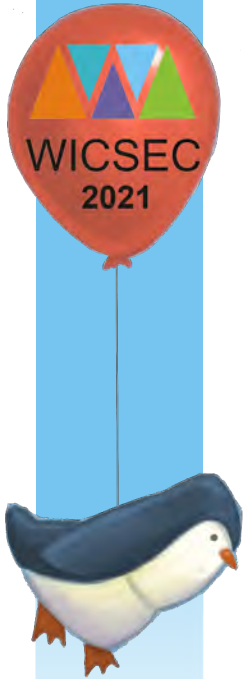
EMOTIONS

a. I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.

b. I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.

c. I have too little time for the activities that I most deeply enjoy.

d. I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessings.



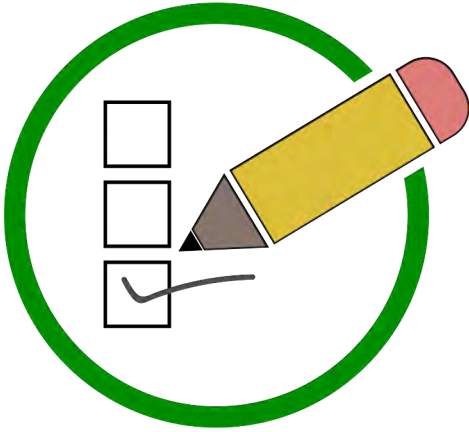
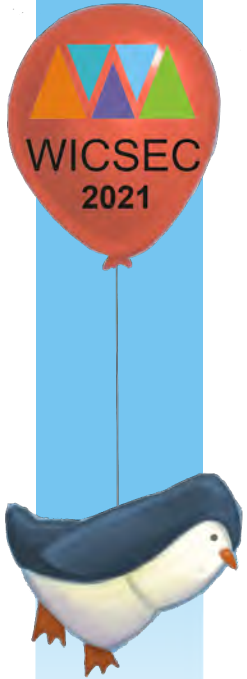
MIND

a. I have difficulty focusing on one thing at a time, and I am easily distracted during the day.

b. I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer term value and high leverage.

c. I don't take enough time for reflection, strategizing, and creative thinking.

d. I work in the evenings or on weekends, and I almost never take an e-mail-free vacation.



SPIRIT

- a. I don't spend enough time at work doing what I do best and enjoy most.
- b. There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- c. My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.
- d. I don't invest enough time and energy in making a positive difference to others or to the world.



BODY



MIND



EMOTION



SPIRIT

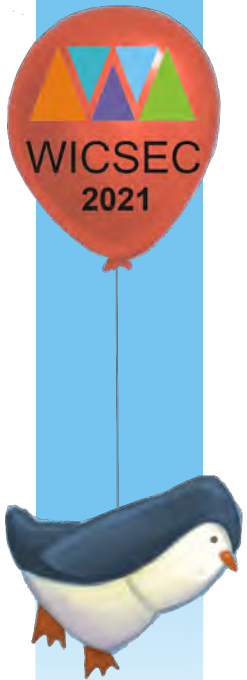
Total number of statements checked.

0–3: Excellent energy management skills

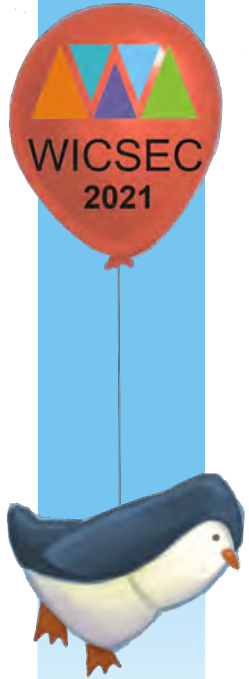
4–6: Reasonable energy management skills

7–10: Significant energy management deficits

11–16: A full-fledged energy crisis



What is the top area draining your Energy?



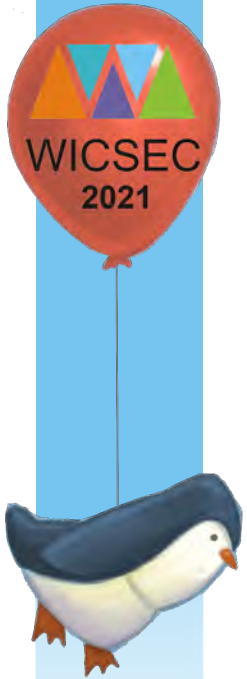
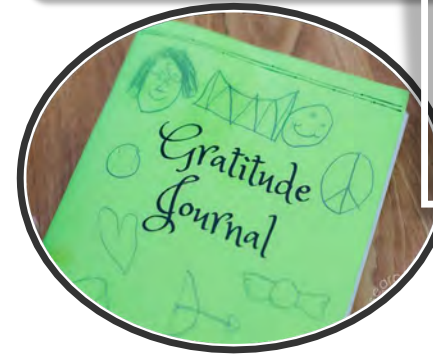
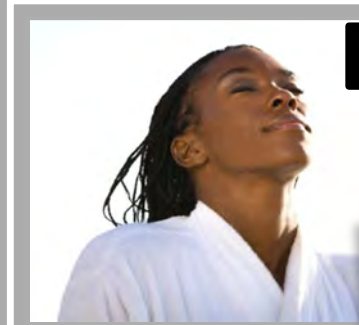
Add Response to Chat Box

Ways to Fill Our Energy Buckets

Body

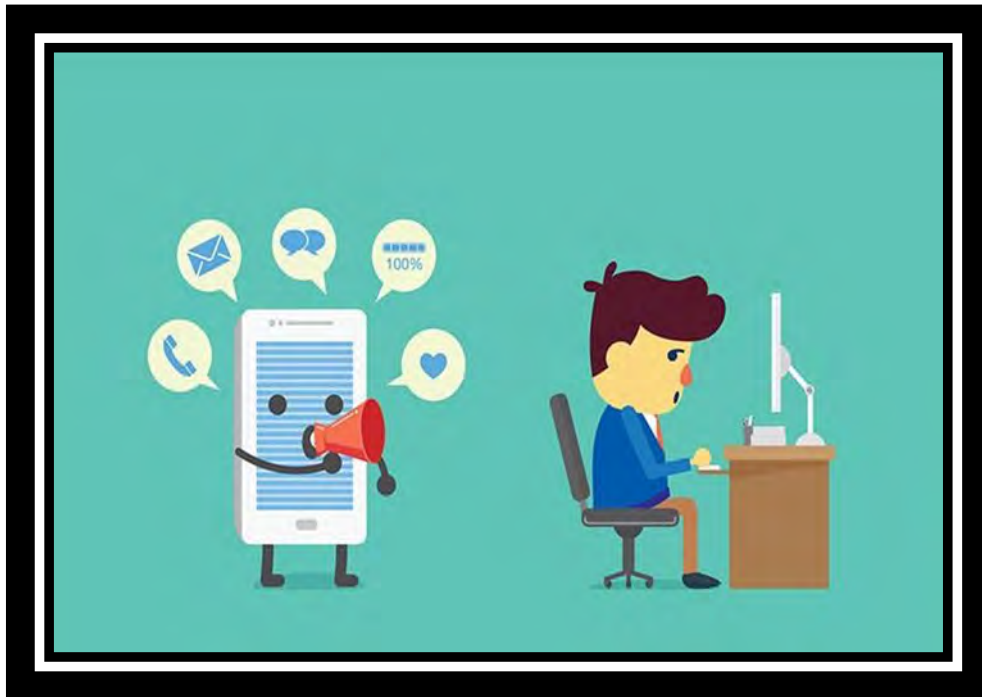


Emotions

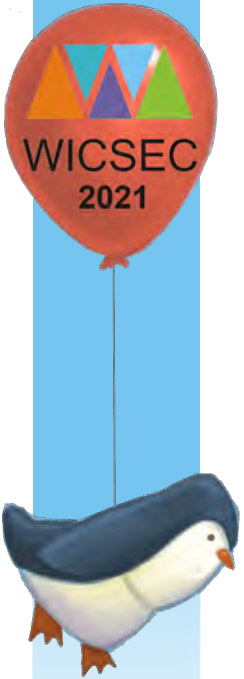


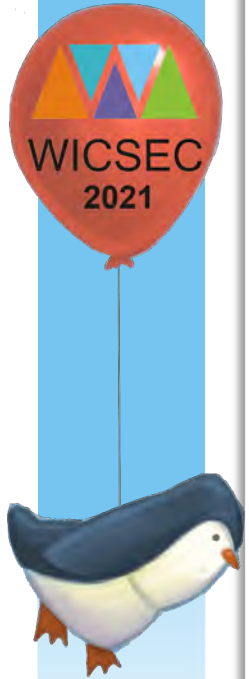
Ways to Fill Your Energy Buckets

Mind



Spirit





**What is one
thing you can
do, big or
small, to fill
your Energy
Bucket?**