



How to Manage Your Energy as a Leader

"You shouldn't use all of your energy every day.

Yet most people constantly deplete their energy on a daily basis to the point of burnout."

~ Dr. Sarah Sarkis, Psychologist and Executive Coach

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Managing Your Energy

While time is a finite resource, energy is a renewable resource that you can learn to manage well.

An **Energy Audit** can help you see where your energy is used well and where it may need to shift.

Managing your energy can lead to greater productivity and fulfillment in your personal and professional life.

How to Conduct an Energy Audit

Track your activities/habits for 1-3 days in the areas of mental, physical, emotional and spiritual energy. Decide what gives you energy and what drains your energy.



For example:

- 7-8 hours of sleep = energizing
- constant negativity from a co-worker = draining
- multiple meetings back to back with no breaks in between = draining
- podcasts = energizing
- skipping lunch or working through lunch = draining
- exercise = energizing
- constantly checking my phone = draining



Energy Audit

What energizes you?




What drains you?





Reflection/Next Steps

- What patterns did you notice from your audit?
- What will you **continue** to do? What habits serve you well? What is it about these habits that give you energy?
- What can you **start** doing? 
- What can you **stop** doing or say no to?
 - What boundaries do you have in place?
 - What boundaries do you need to put in place?
- What are you committing to doing following this exercise?
- What support do you need?

WHAT'S A COACHING MEETING WITH REEM LIKE?

Hi client.
What's on your
mind for
today's
conversation?



Hmm, where
should I
start....so
many things...

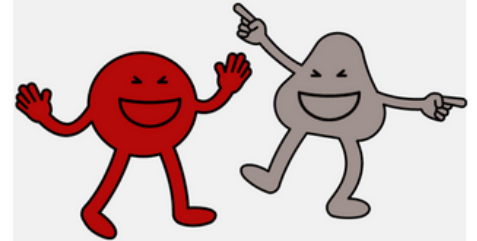


I'm frustrated...I feel like I am
good at giving feedback, but it
doesn't land well with my
team...I'm also positioning myself
for a promotion...I am proud of...



OMG! I'm
talking so
much!

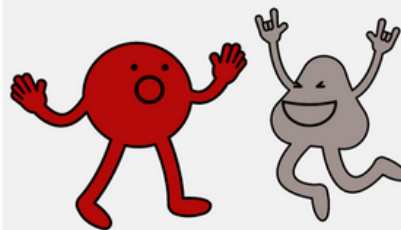
You are not talking too much!
**Coaching is dedicated time
and space for you to process
out loud and commit to action!**



You talk. I listen and ask
questions. You decide what you
want to focus on and what
success looks like for you.



With your permission, I will
offer insight and resources.
Oftentimes, you will come to
your own conclusions and
declare your next steps.



As a client, you should feel that
you are centered in the
conversation and you get what
you need to be successful!



Thank You!

Curious about your Energy Audit?
Are you tired of being tired?

When you are ready to explore ways to bring greater
productivity and enhanced fulfillment to your days,
let's talk!

Schedule a discovery call.



Reem Labib Tyson

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