



From Energy Leaks to Energy Boosts

Description

Join us to feel more energetic while building your leadership skills at the same time.

This program is designed specifically for busy physicians, nurses and other healthcare providers who want to prevent and/or heal burnout. You'll do that by changing the way you use your energy so that you feel better, which helps you be more effective even amidst uncertainty and ambiguity.

You'll learn strategies to plug energy drains and create energy boosts that help you feel more energy-full amidst your demanding schedules.

Who Should Attend

Healthcare providers who want to feel more energetic and in-control amidst Covid fatigue, a fast-paced work environment and increasing uncertainty.

Goals

1. Increase your energy, vitality and health
2. Prevent burnout, promote wellness, build your leadership skills and amplify your effectiveness.
3. Start healing existing burnout.

Key Outcomes

One: You'll become more **self-aware** of your habits which is the door to learning and change.

Two: You'll have **strategies that boost your energy** in ways that are specific to you and an action plan to boot.

Three: You'll feel more **in control**, which leads to being more calm and impactful.

Four: You'll develop new **leadership skills** through your new perspective, which will help you respond deliberately (instead of react habitually) to challenges and opportunities at work.

Five: You'll become more connected to your **calling** as medical practitioners, which then reinforces a higher energy level and enjoyment in your role with patients, students and/or research.

Fee

\$265 per person including a playbook

Same fee when delivered in-person or virtually

Contact

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Program Agenda

First Session	Second Session	Third Session	Fourth Session
Discover your drains You'll identify your list of energy leaks and acknowledge them without judgment. This act alone reduces your stress and helps you feel better. You'll end up with a priority list of which leaks to plug first to give you the biggest benefit for your effort.	Plug your drains You'll create ways to plug your drains that will reduce stress and fatigue immediately and relieve additional stress/fatigue over time. You'll feel lighter and more in control of your life and emotions as you get better at managing your energy mindfully.	Discover energy boosts You'll find new sources of energy that make you feel great. In doing that, you'll have a variety of ways to get and stay balanced, even when life and/or work are/become especially hectic and uncertain.	Practice your new skills You'll practice putting your learning into action while having time to ask questions and receive support. You'll also learn the common obstacles to expect when managing your energy and how to circumvent them. Plus, an action plan that inspires you.
Throughout this program, you'll become more self-aware and create an action plan with priorities of actions to take so that you chart your progress can continue your practice through self-care routines.			

Program Approach

This program is designed and led by Eleni Pallas. It's delivered in 4, 1-hour sessions over 4 consecutive weeks. It's interactive and practical, including discussion and exercises with break-out groups that facilitate self-awareness and "aha" moments, along with peer learning to optimize the group's collective intelligence. Between-session exercises, reading, videos and peer collaboration are available for anyone interested, even though not essential to benefit from this program.

Individual coaching is available under separate cover for deeper attention to specific needs or goals.

Facilitator Bio: Eleni Pallas

Eleni Pallas is knee-deep into her second career after spending 20 years leading global strategy teams in large organizations such as Deloitte, Booz Allen, the World Bank and Orange. A life-altering car accident in Siberia caught her by surprise, when she realized that life can change from one day to the next and that doing what she loved is better than doing what seems safe. For the last 15 years, Eleni has been coaching and educating leaders with Human-Centric Leading, a way to transform industrialized workplaces that generate tension and burnout to humanized workplaces where people come first and do great work from their resilient best selves. Eleni also writes and speaks. She has an MBA from GWU and coaching certification from the International Coaching Federation (PCC level).

