

5 Mindfulness-Based Energy Management Tools

for Consultants & Service-Based Professionals

by Christine Springer, MS, PT, OCS
Certified Martha Beck Coach

Welcome!

You're in the right place if you:

- ✦ Like WHAT you do but HOW you have to do it is kicking your butt.
- ✦ Feel overwhelmed or drained by the pace & volume of work.
- ✦ Are experiencing physical symptoms of stress.
- ✦ Your fatigue from work is negatively impacting your personal life.

How would your life change if
you had more energy?

A bit about me...

- ✦ I help high achieving leaders + corporate teams to reduce stress & burnout during periods of business growth or change.
- ✦ 14 year career as a physical therapist (7 years as clinical director).
- ✦ I have 6 1/2 year old greyhound who is in charge of squirrel patrol for the neighborhood when he's not napping :-)



My Intention For Today:

Introduce a few simple changes that will make a big impact in your energy at work and home.

What situations are the biggest energy drains for you?

The Struggle Is REAL



Two common sources of energy drain

- ✦ Multi-tasking
- ✦ Inadequate rest/breaks during the day or week

What is energy?

- ✦ Your capacity to do work
- ✦ Your “vibe”....the way people feel when they are around you

Why energy management matters

“Performance, health and happiness are grounded in the skillful management of energy.”

~ Jim Loehr & Tony Schwartz, authors of The Power of Full Engagement

Science behind mindful energy management

- ✦ 3 “operating systems” of the brain(*) :
 - ✦ fight or flight (v 1.0)
 - ✦ hyper-achiever (v 2.0)
 - ✦ wise brain (v 3.0)

(*) This model courtesy of Calm Clarity

Benefits of Mindfulness

- ✦ Improved clarity and focus
- ✦ Increased creativity
- ✦ Improved decision-making

Important Note #1

It's impossible to feel energized about doing something
you don't like.

Important Note #2

The following tools I'm going to share are going to seem simple and too easy to work.

Try them anyway.

Tool #1 Stillness

Recommended time: 3 mins (to start)

Why this works: Brings you back into present moment awareness

Example: Climb Back Into Your Body Scan

Tool #2 Box Breathing

Recommended time: 2-4 mins

Why this works: Reduces your fight or flight response

How to do it: Inhale for 4 sec, hold your inhale for 4 sec, exhale for 4 sec, hold the exhale for 4 sec

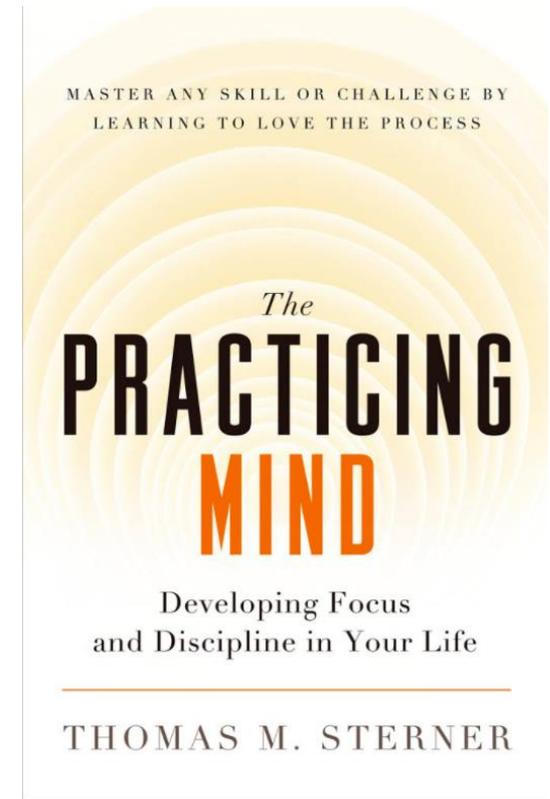
Tool #3 Single Tasking

Recommended time: 15-30 mins.

Why this works: It improves focus and concentration.

How to do it: Use the 4 S's:

- Slow
- Simple
- Small
- Short



Tool #4 Use Empowered Language

Recommended time: N/A

Why this works: Using empowering language reduces energy drain associated with feeling out of control.

How to do it: Replace phrases of “I should..” or “I have to..” with “I choose to...” or I choose not to..”

Tool #5 Daily Gratitude

Recommended time: At the end of your work day

Why this works: Research shows gratitude boosts social intelligence, likability, and decision-making.

How to do it: Make a list of at least 3 things that you are grateful for at the end of the day. When you think of each one, pay attention to how you feel in your body.

Signs of progress

- ✦ You are able to do the same amount of work with less fatigue/energy depletion.
- ✦ You feel energized for longer periods of the day.
- ✦ Improved clarity & decision-making.
- ✦ More energy to do things just for fun.

Next Steps

1- Commit to practicing at least one of these tools for the next 3 weeks.

2- Track your energy levels in the morning and evening. If you want an easy way to do this, email me at christine@christinespringercoaching.com with “energy” in the subject line and I’ll send you a PDF with a summary of these steps and a Weekly Energy Tracker.

Questions?

Let's Stay Connected!

Email: christine@christinespringercoaching.com

Phone: 571-303-0734

Web: www.christinespringercoaching.com

LinkedIn:

www.linkedin.com/in/christinespringer1/