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TAKE OFF THE CAPE AND SOAR

Learning Program

Presenters: Marci Moore and Pam Williams
Title: Chief Innergy Officers
Company: Innergized!
Format: Keynote, conference breakout session or half/full day workshop

Program Description:

To thrive in today's hectic, fast-paced environment, individuals are expected to put on their superhero capes and call on their super powers. No wonder so many people have earned their Ph.D. in stress (**P**ooped, **H**arried and **D**istracted). It doesn't have to be that way. Even superheroes take a break! This interactive session will help attendees learn why taking off the cape is just as important as wearing it, understand the impact of values on professional productivity and personal satisfaction, and discover practical ways to supercharge their energy.

Marci and Pam use customized and humorous audience interaction, personal stories, real-life examples and superhero themes to create an inspiring and memorable learning experience for attendees. *This session can be customized especially for women.*

Learning outcomes for session:

Following this presentation, participants will:

- ⇒ Recognize the critical importance of recovering from stressors to stay motivated and engaged.
- ⇒ Identify their top 5 values and understand how incongruence between values and actions can drain energy.
- ⇒ Identify and create a plan to eliminate their personal and professional "Kryptonite," or energy drains.
- ⇒ Create a personal action and accountability plan to supercharge their energy.
- ⇒ Identify ways to use their "powers" to create a lasting legacy for the leaders of tomorrow.

Discussion Points:

- ⇒ Stress is not our enemy: what doesn't kill us makes us stronger.
- ⇒ Energy management: are you "fueling yourself" or "fooling yourself?"
- ⇒ What would you do if you had more energy? (Interactive audience participation exercise)
- ⇒ "Truth, Justice and the American Way:" the power of personal values
- ⇒ "Kryptonite:" what's draining your energy? (Interactive audience participation exercise)
- ⇒ Personal Energy Inventory: adding energy boosting behaviors to your life (Interactive audience participation exercise) OR The Fortress of Solitude: adding energy boosting behaviors to your life (Interactive audience participation exercise)
- ⇒ Commitment to success (participants develop a personal action and accountability plan to help them accomplish more while working less)

Your program was "not an anti-stress message! I've always felt powerless after hearing a 'reduce your stress' lecture, but your message of how to increase energy is empowering and practical." - **Andrea Neve, Director of Marketing and Education, Tennessee Nurses Association, Nashville, Tennessee**