


Developing the Leader Within Part II

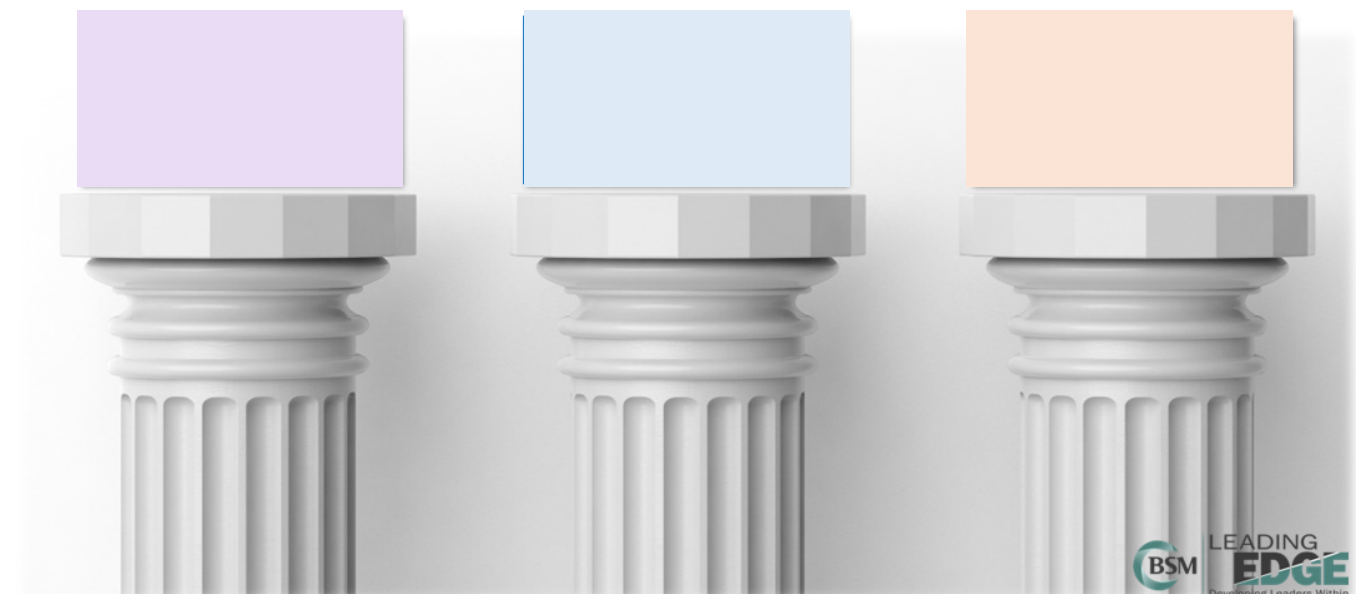
Objectives

- Learn about _____
- Become more _____ of our own energy
- Understand how our energy _____ others
- Identify strategies to help _____ our energy

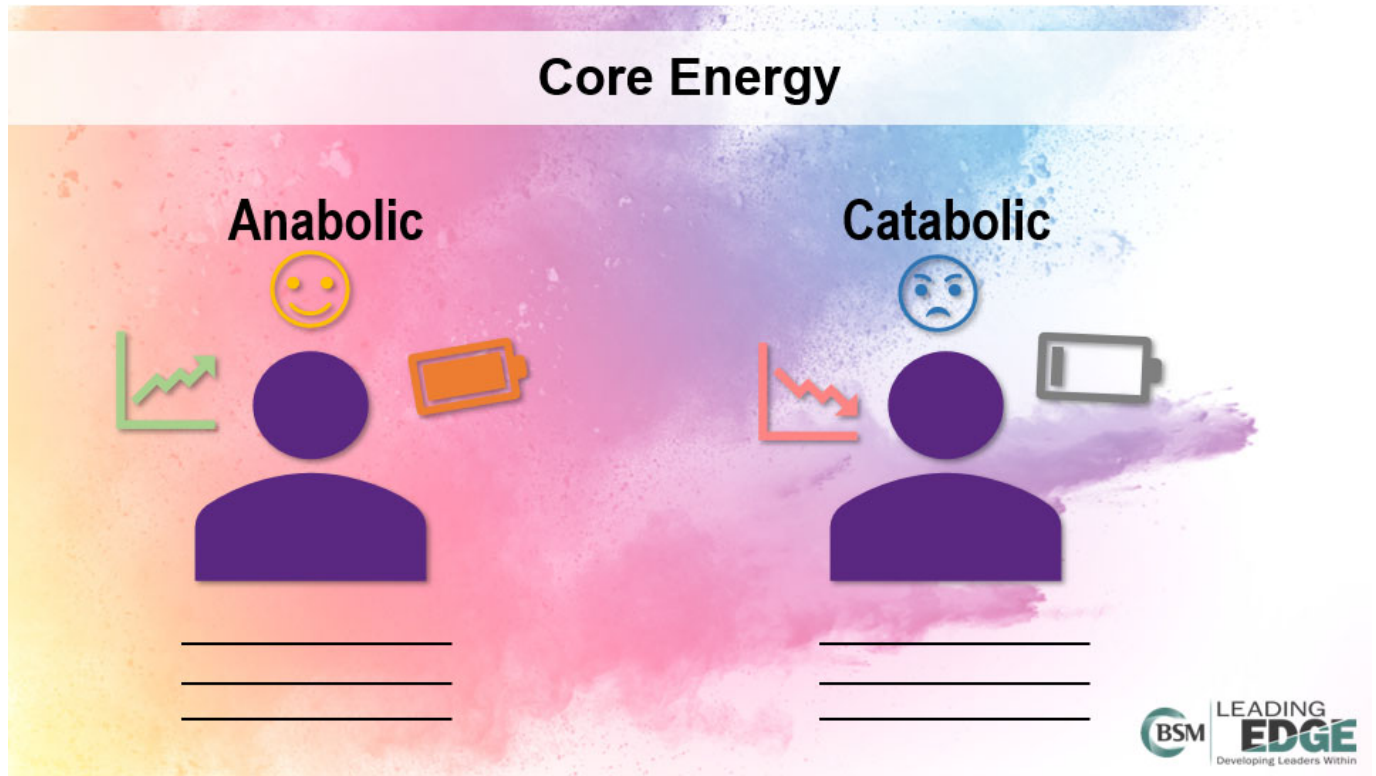


BSM LEADING EDGE
Developing Leaders Within

Our Core Leadership Pillars



Developing the Leader Within Part II



Core Energy Levels



Developing the Leader Within Part II

How to “Watch” My Energy

There are three primary ways to assess energy to see what level you are registering at:



_____ emotion am I feeling?



_____ am I feeling (the emotion)?



_____ is this serving me (or those around me)?



What can shifting your energy mean to you?



More satisfaction in interpersonal relationships



Greater feeling of engagement and excitement at work



Improvement in the quality and depth of communication



Increase in health and wellness



Increase in productivity



Improvement in time management



Improvement in satisfaction in work-life balance



Increase in your emotional intelligence

