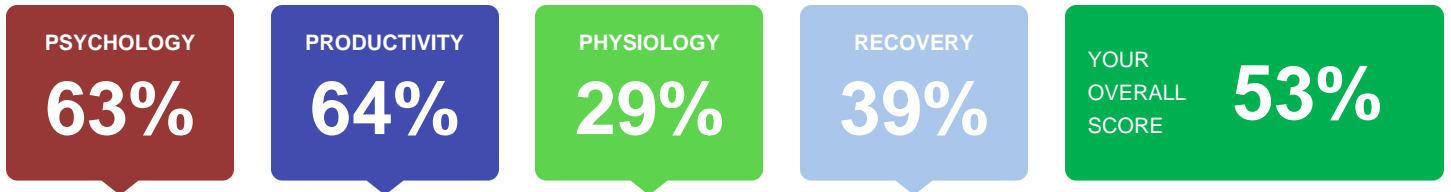


Energy and Performance Profile

Reaching your performance potential requires a strategic approach to the way you think (psychology), the way you work (productivity), the way you recharge (recovery) and the way you eat and move (physiology). To consistently achieve your personal best and keep your energy levels high you need to ensure that you work on these four areas.

The score below shows how close you are to achieving your overall personal potential and your scores for each of the 4 key elements. If your score is 100% well just carry on with what you are dealing, but if it is not then there is something that you could look at working on to move a step closer to being the best you can be.



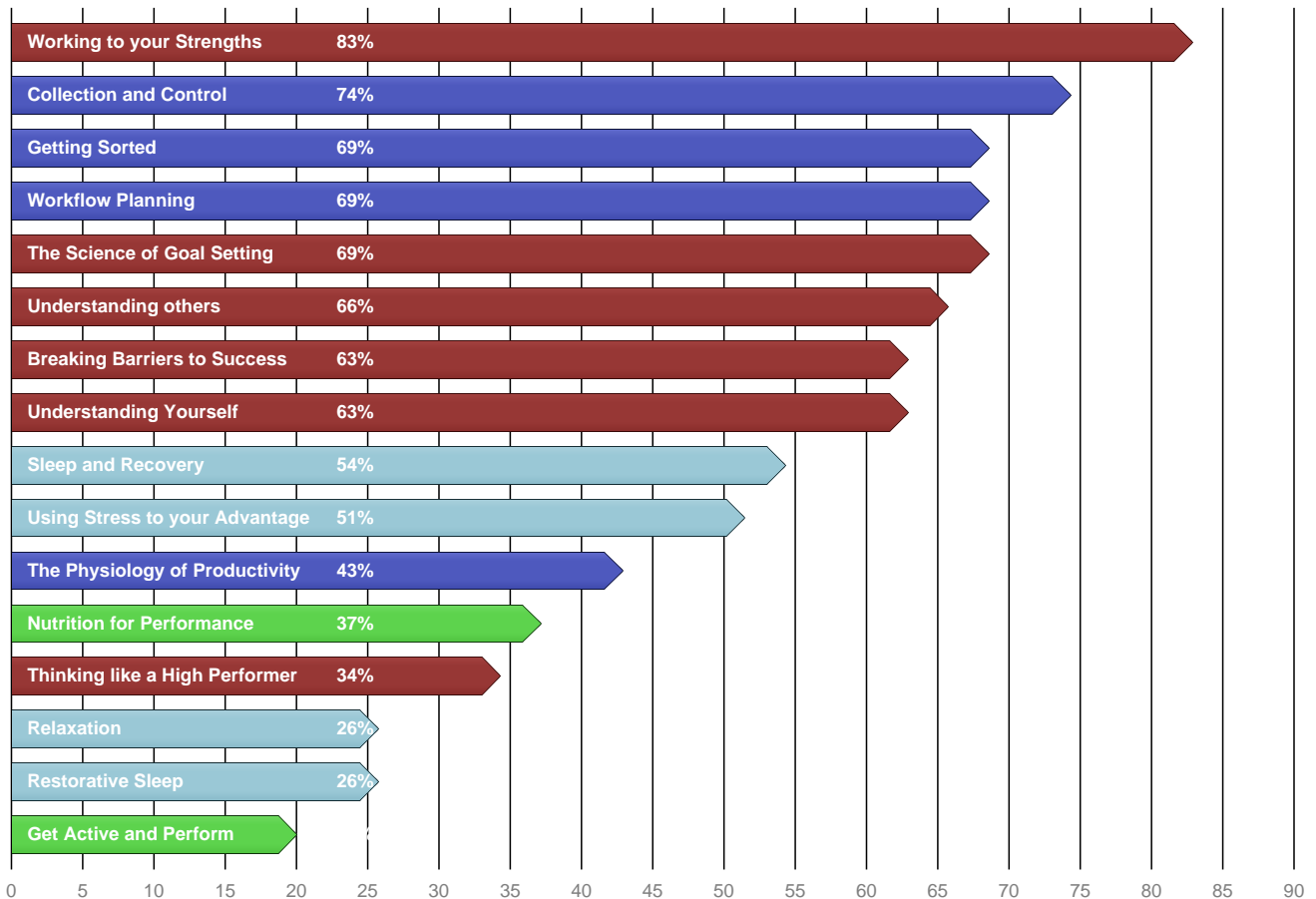
Being able to consistently deliver great results requires you to be able to draw from the full range of performance triggers. When activated in isolation each trigger will move you closer to your performance potential. Yet no single trigger is enough to move you into a High Performance zone. You will need to learn how combining knowledge in these four areas provides real benefit.

The more you practice integrating the performance triggers into your daily routines, the greater the likelihood you will have of achieving your performance potential.

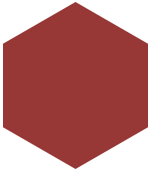
Take a look at your scores below and see how well you are currently performing in 16 of the triggers that we believe are important to sustained personal energy and performance.

Graphical Presentation

Source: Survey



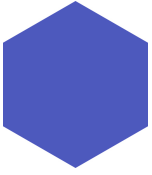
All results in %



Working to your Strengths

Play to your strengths to build a thriving career and work satisfaction

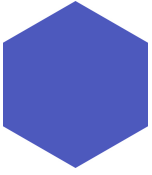
Most of us can say that we have spent time trying to improve our weaknesses. Not as many people can say we have deliberately spent time improving our strengths. Yet the most effective way to harness performance potential is to focus on building our strengths.



Collection and Control

Take charge of your information flow so that modern technology works for you and not against you.

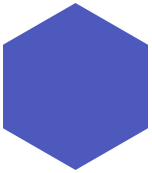
E-mails, mobiles, social media and the constant trend for instantaneous information has the potential to overload us and your team. If used consistently and empathetically modern media will undoubtedly help you perform; if it becomes a constant overload it will drain you of energy and little will be achieved as life will lack focus and just feel too chaotic.



Getting Sorted

Being organised is one of the easiest ways to improve efficiency.

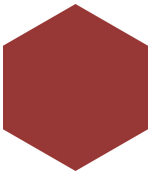
How much energy do you waste on either working out what you are meant to be doing, when you are meant to be doing it and why? Equally how much time do you spend looking for things. Simple things can make a big difference!



Workflow Planning

Plan how you spend your time to ensure you spend more time doing what really matters.

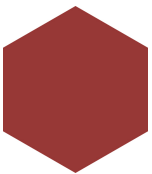
Controlling and understanding workflow are two key elements of staying productive. An understanding of what you have to do, why you have to do it when you have to do it by are a good starting point in managing time, but a clear understanding of how you are going to do it will help you to manage energy.



The Science of Goal Setting

Set goals that drive performance by clarifying purpose, guiding behaviour and building energy

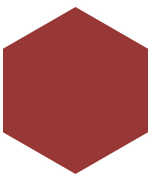
We need to set goals in order to reach our performance potential. Not just any goals, they need to be intrinsically motivating goals that stretch but not strain us. We need to set goals that link our actions to the 'why' questions in our lives. "Why do we want to go to the gym? Why do we want to work late 3 nights a week? Why can't I buy that pair of shoes?" Nietzsche once said: He who has a 'why' to live for can bear almost anything.



Understanding others

Everyone is different - understand how to get the most out of others.

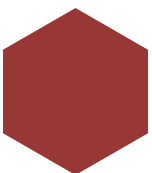
We need other people not only for social interaction and general well being, but also they help us to operate at our best. Aim to be empathetic, supportive and listen with sincerity - this will help create a relationship based on authenticity.



Breaking Barriers to Success

Identify hurdles that are put in the way of success.

Sometimes hurdles are put in place by others, often they are put in place by ourselves. It may be that there are a number of corporate or personal habits in place that are disabling progress. Understand what they are and adapt, learn or challenge.



Understanding Yourself

Increasing self awareness creates passion and excitement towards life.

Self-awareness is crucial to achieving your performance potential. Understanding your passions, needs, wants, values, strengths and weaknesses will help you to prioritise your busy lives and provide a set of values to ensure that you can 'put your heart into things'.



Sleep and Recovery

Sustainable human energy is achieved through effective recharge.

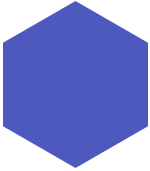
Our bodies can't function at full speed 24/7, 365 days a year. Sleep is our most deliberate coping mechanism and it needs to be done well to ensure that our bodies and minds refresh and recuperate. If we get this wrong we increase the chance of illness or poor performance or indeed both!



Using Stress to your Advantage

Build resources so you can deal with increasing pressure and combat the negative side of stress.

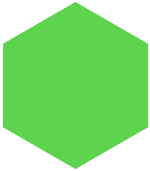
Understanding what stress is and how it affects your mind and body is vital to reaching your performance potential. There are many different causes of stress, from overload at work; to being stuck in a traffic jam; to friends and family. Recognising good and bad stress is a key factor to sustained resilience and performance.



The Physiology of Productivity

Work with your natural energy cycles rather than against them.

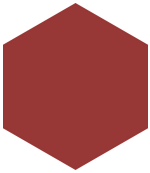
It is true that some of us are morning people, some of us are afternoon/evening people and equally some are a bit of both! Understand when you are firing at your best mentally and physically and then try to match daily tasks to these times.



Nutrition for Performance

What we put in our mouths is a deliberate action; make sure you are putting the 'right' fuel in your tank.

What and when you eat will influence how your mind and body function. If you don't have any petrol in the tank you will not be able to fire on all cylinders. Equally true is the old saying 'You don't put low grade petrol in a high performance machine and expect it to run at its best - why is it that we often put low grade petrol into our bodies?'



Thinking like a High Performer

Train your brain so you have control of your reactions, actions, emotions and outcomes.

You can train your brain in the same way that you can train your body for longevity, agility, flexibility and strength. Put these factors together and you will have a thought process that is consistent, controlled and coherent. One that aims for solutions rather than being stuck with a problem.



Relaxation

Calm down and negate the effects of stress with deliberate behaviours.

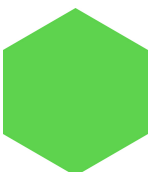
You need to learn how to activate part of your nervous network called the parasympathetic system to effectively relax. Again everyone is different but consider what may work for you - massage, deep breathing, yoga, meditation, reading listening to music, etc. Work out a way that helps you to switch off your mind and get to a truly relaxed state.



Restorative Sleep

Sleep is our most deliberate coping strategy. Quality and quantity are key.

If you are tired you won't think straight, you won't communicate well and you may become either angry and extrovert or withdrawn and introvert. Fatigue is not a good recipe for top performance.



Get Active and Perform

Take charge of your fitness to increase physical energy, live longer and feel happier.

Not taking care of physical fitness is like driving a car with the handbrake on. You will be sluggish, less responsive and at risk of breaking down. You do not need to become a gym addict but by taking a strategic approach to health promoting activity you will be helped both stay healthy now and in the future; it will also help with your mood and thinking capacity.