



**Program Overview**

Did you know you can have a great deal of influence and control over the quality and quantity of energy you bring to your work and your life? By shifting the focus from managing time only to managing time and personal energy, our clients experience a dramatic improvement in their work performance and results.

**Outcomes**

- Increased performance
- Active engagement
- Strong focus
- Better productivity
- Increased personal accountability
- Increased resilience

**Participant Profile**

This workshop can be delivered as a single workshop, as part of an offsite, leadership program and in small and large groups.

**Building Upon Strengths Through Coaching**

Coaching is a powerful methodology to increase self insight, facilitate learning and clarify ideas in order to build relationships with others.

This program offers the option of one-on-one coaching, results- focused coaching sessions to enable the participants to achieve their personal goals and objectives in attending the program.

	<b>Length</b>	<b>Group size</b>	<b>Room</b>	<b>Includes</b>
	1 day	5 - 50+	Optional board, cafe	Pre reading Post reading

**Channel Development: Accelerating People & Performance.**

info@channel.net.au or +612 9221 0008