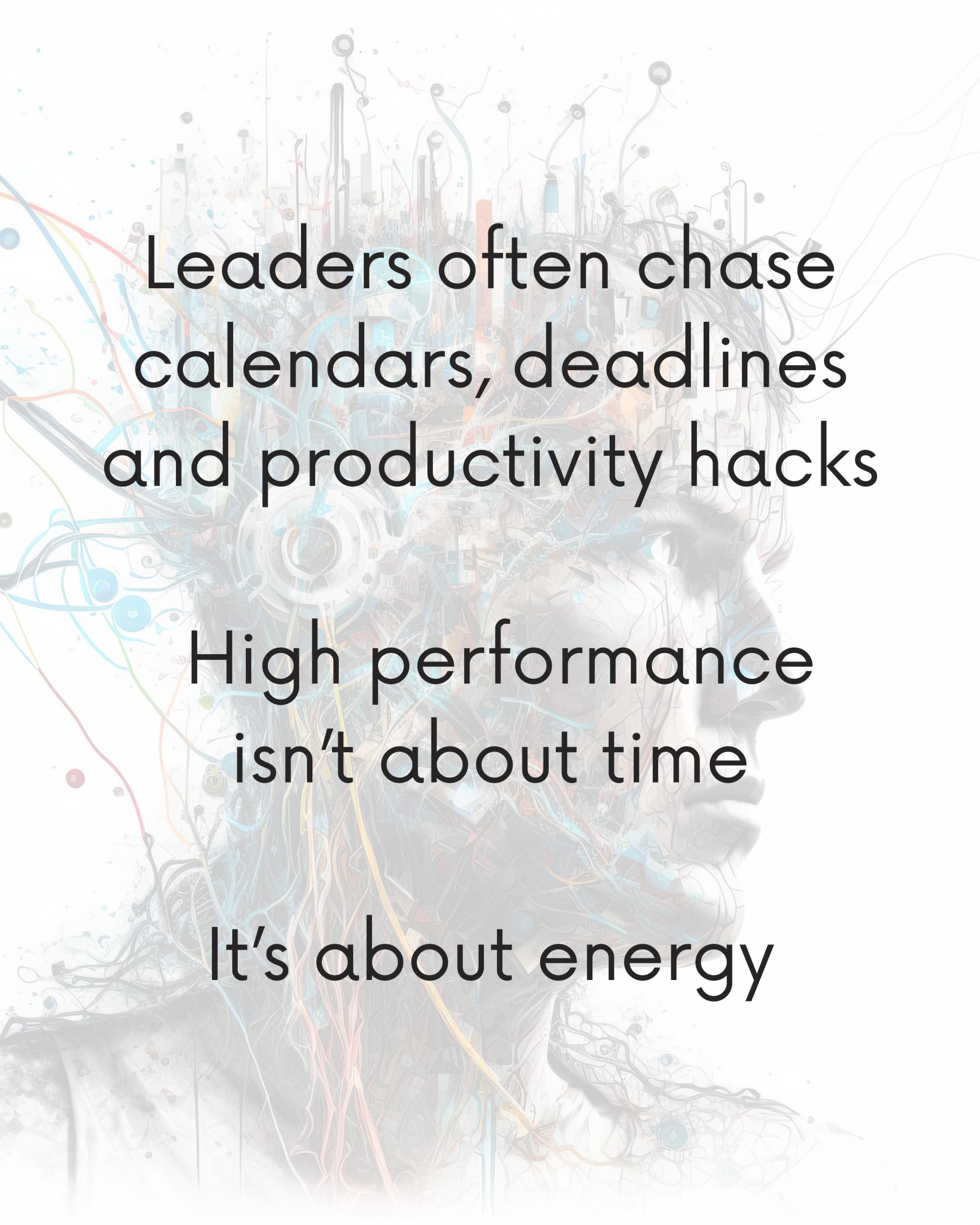




**YOU CAN'T MANAGE  
TIME**

**BUT YOU CAN  
MANAGE ENERGY**



Leaders often chase  
calendars, deadlines  
and productivity hacks

High performance  
isn't about time

It's about energy

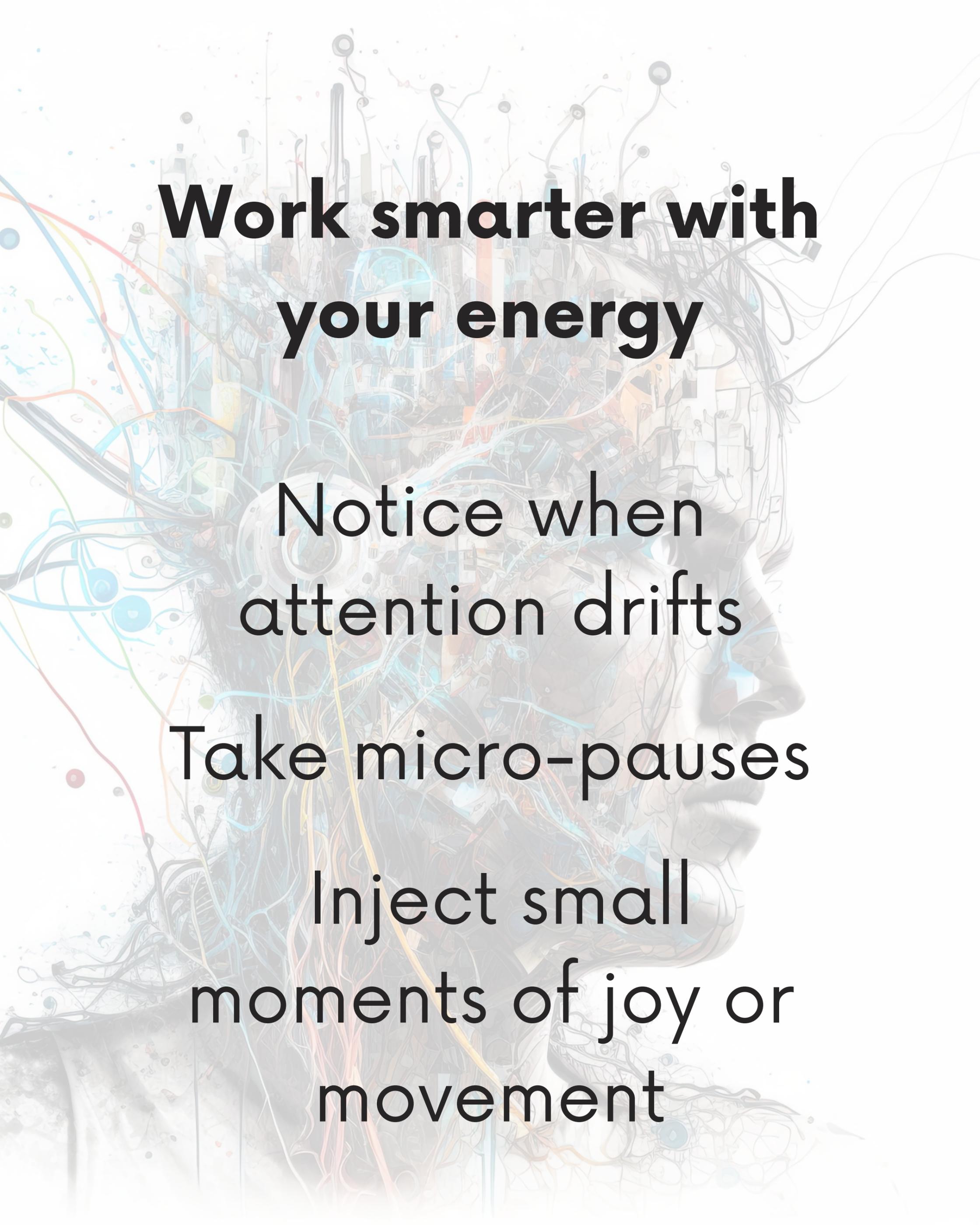


Short breaks, small  
joys, movement or  
deep breaths reset  
your nervous system

Dopamine spikes

Cortisol drops

Focus and creativity  
return

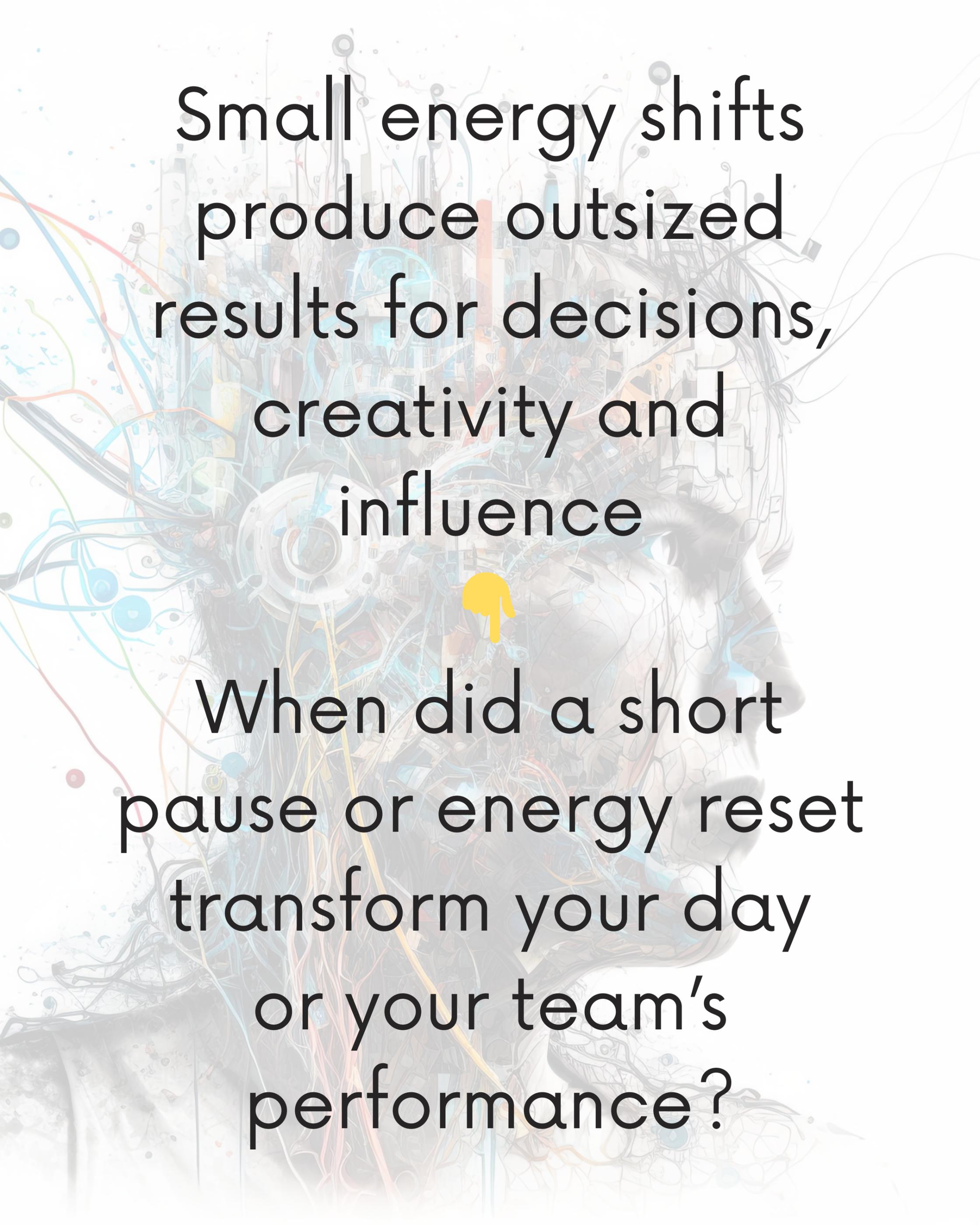


# **Work smarter with your energy**

Notice when  
attention drifts

Take micro-pauses

Inject small  
moments of joy or  
movement



Small energy shifts  
produce outsized  
results for decisions,  
creativity and  
influence



When did a short  
pause or energy reset  
transform your day  
or your team's  
performance?