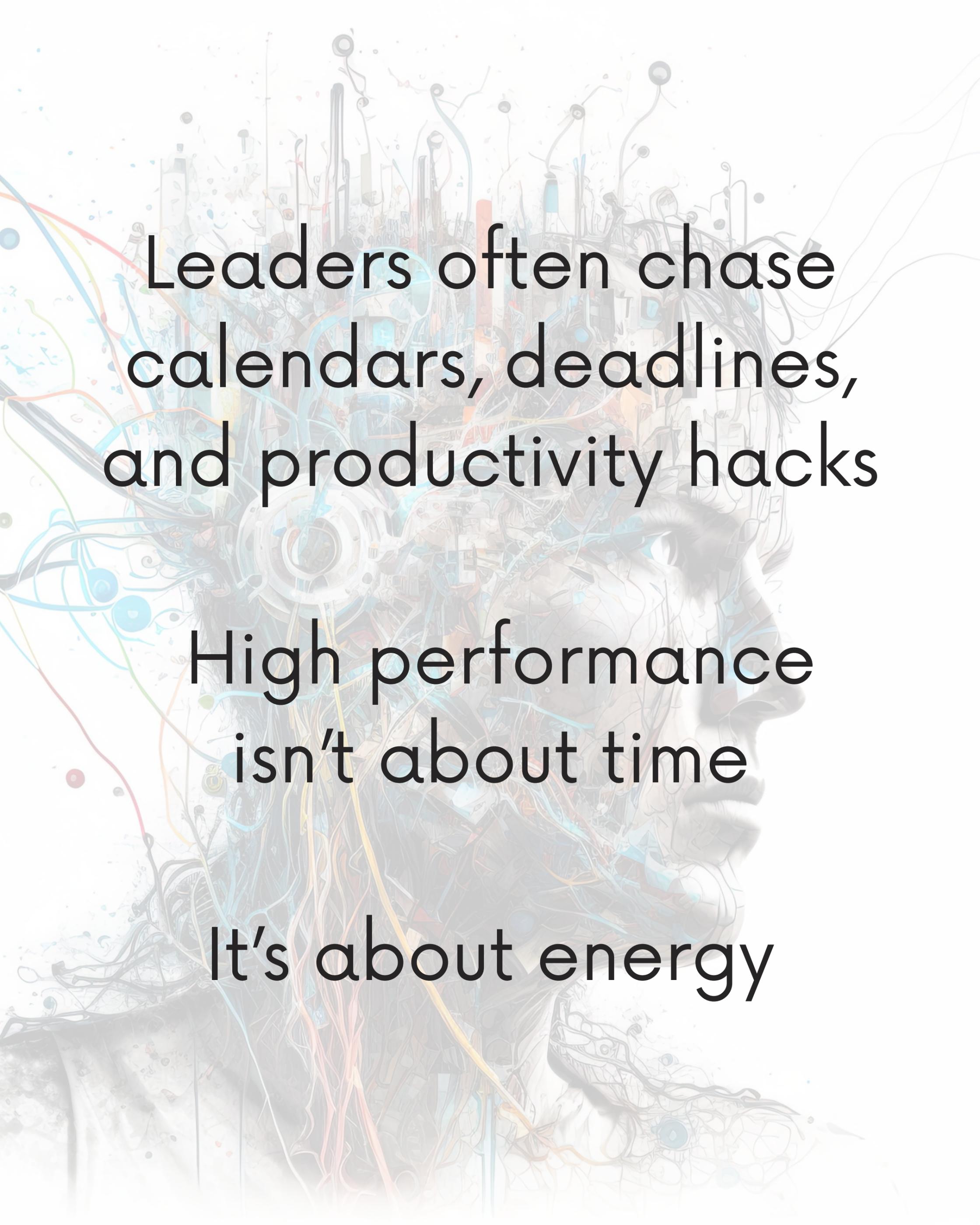




**YOU CAN'T MANAGE
TIME**

**BUT YOU CAN
MANAGE ENERGY**



Leaders often chase
calendars, deadlines,
and productivity hacks

High performance
isn't about time

It's about energy

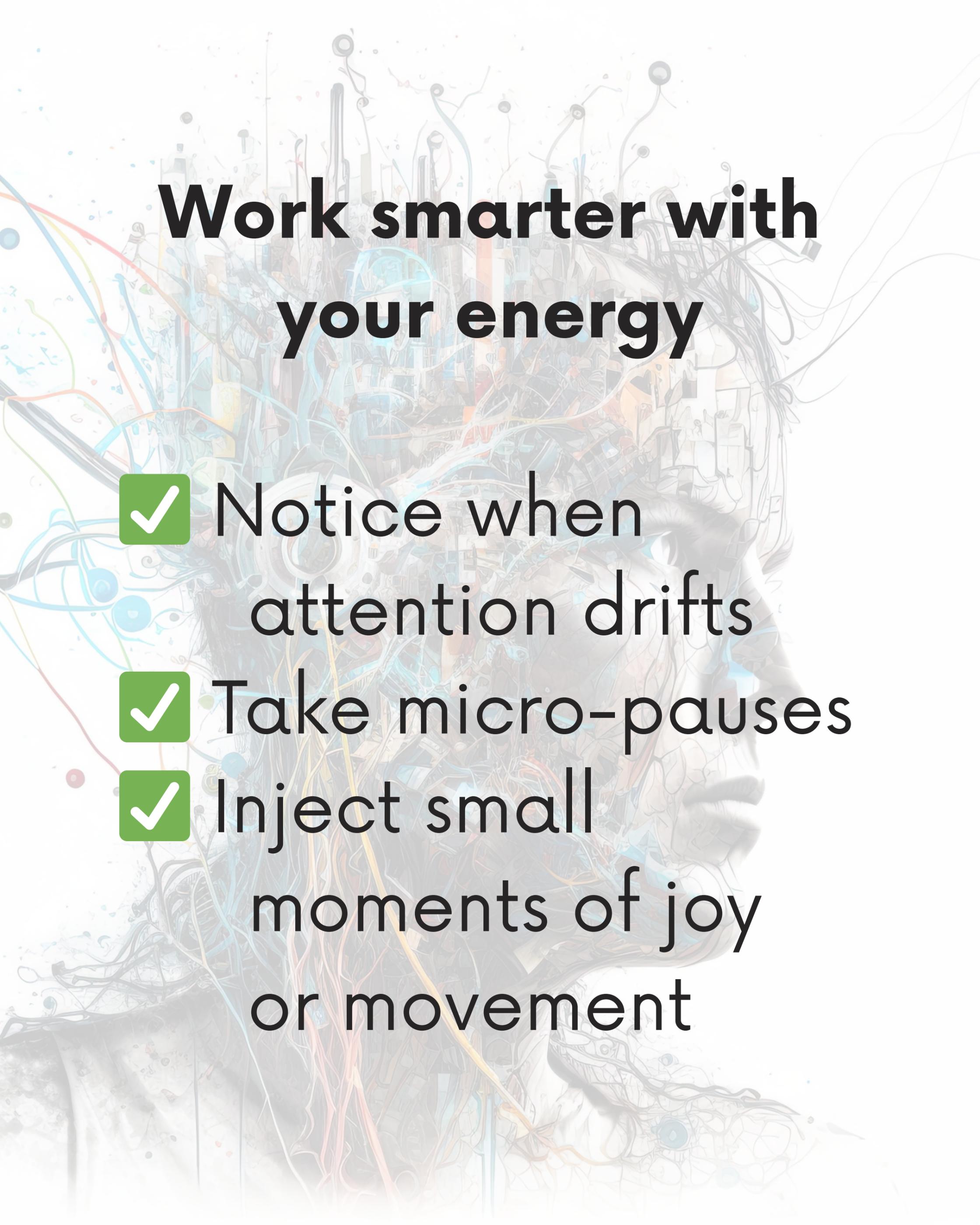


Short breaks, small
joys, movement or
deep breaths reset
your nervous system

Dopamine spikes

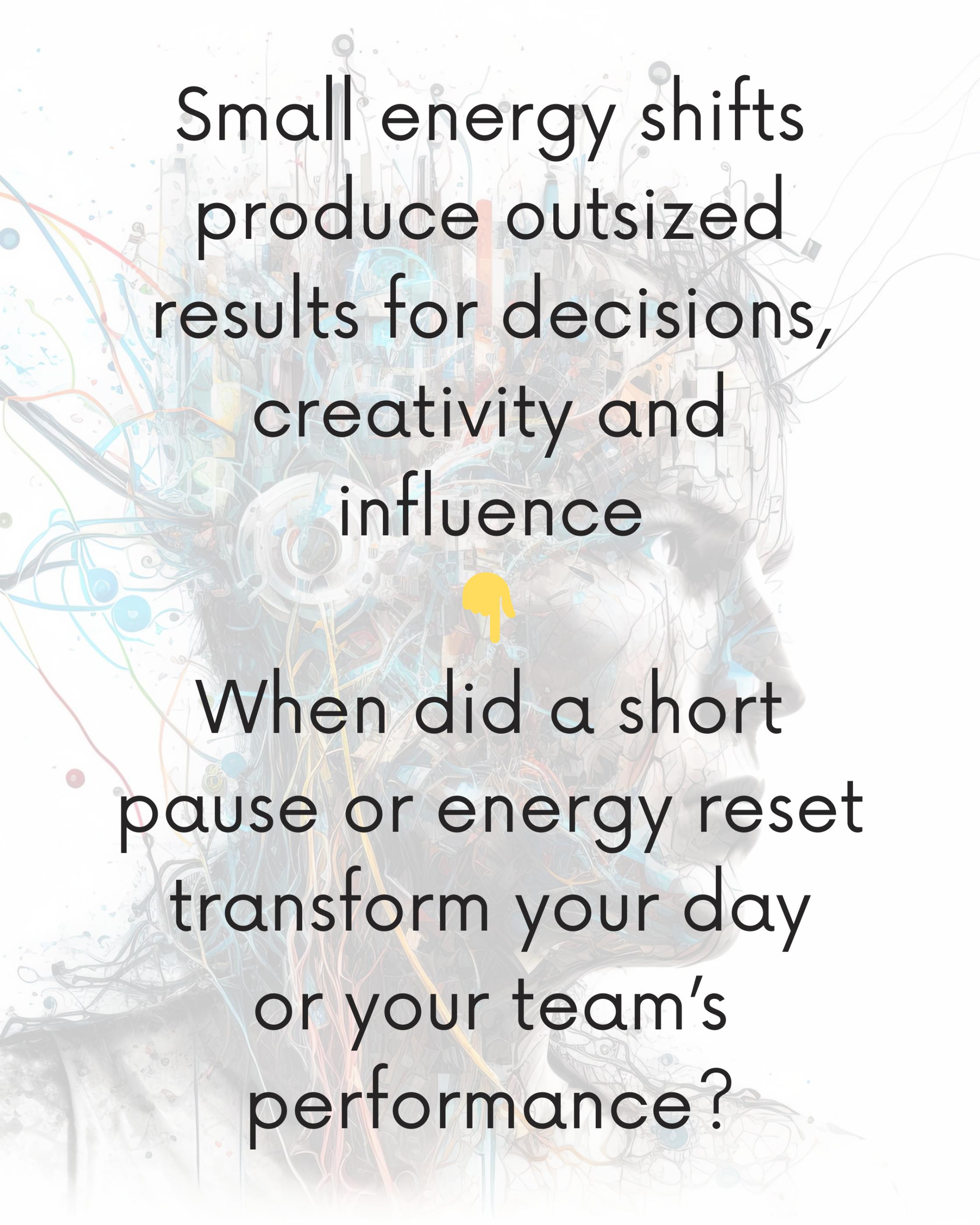
Cortisol drops

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?