Founders

➔ Jim Loehr, Ed.D.
    Performance Psychologist

➔ Jack Groppel, Ph.D.
    Sports Scientist

- Worked with elite athletes for 30+ years
- 16 #1 ranked athletes
- Created the Corporate Athlete® program in 1992
What Can we Learn from Elite Athletes?

➔ They measure everything
➔ Repetition builds habits
➔ You can train for anything

“Sport is a living testimony to the limitless adaptability of the human system.”

– Dr. Jim Loehr
Agenda

➔ Principles of managing energy
➔ Manage your energy through your day
➔ Take action: Complete the mission
Managing energy, not just time, is the key to full engagement.
Human Energy Crisis

Demand vs. Capacity Curve

Age (time) vs. Volume

Demand: blue line
Capacity: orange line

30
#1: Four Levels of Energy

We Develop

SPIRITUALLY
Purpose beyond self interest

MENTALLY
Organize our lives and focus attention

EMOTIONALLY
Capacity to manage emotions

PHYSICALLY
Fundamental source of fuel

We Become Extraordinary
Multitasking

One of the Greatest Enemies of Extraordinary is Multitasking
#2: Stress and Recovery: Critical for Growth

**Stress (Energy Out)**
Stimulus for Growth

**Recovery (Energy In)**
When Growth Occurs

Energy Expenditure

- Fully Disengaged
- Fully Engaged

Current Capacity
Storms: High Stress Requires Recovery

➔ Take us out of our comfort zone
➔ Stimuli for growth
➔ Seek quality recovery from storms
#3: We are Creatures of Habit

5% Conscious and self-regulated

95% Non-conscious and automatic
Key Takeaways

➔ Manage energy, not time, for full engagement
➔ Managing your four levels of energy leads to greater engagement
➔ With the proper recovery, stress leads to growth
➔ We are creatures of habit
Agenda

➔ Principles of managing energy
➔ Manage your energy through your day
➔ Take action: complete the mission
Managing Physical Energy

➔ Food is Fuel
➔ Movement: Getting more energy where it needs to go
Energy is Required 24/7
**Survival-Based Eating**

**Over-fueled:** Tired, sleepy, unmotivated, bloated, sluggish, unfocused and storing fat

**Under-fueled:** Low energy, moody, impatient, unfocused

A program brought to you by Janus Labs®
Opportunity-Based Eating

**Strategic fueling:** Energized, stable moods, focused, in control, patient, fueling brain & muscles, burning fat

*Eat in a series of sprints!*
Strategic Eating

➔ Eat light and often
➔ “Peace Sign” Meals
➔ Meal Portion:
  Five handfuls of food
➔ Use hand to measure

40% Grains
40% Fruits/vegetables
20% Protein-rich foods

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Snack Strategically

Snacks are the bridges between meals
Snacks should be between 100-150 calories
Use Glycemic Index for Sustained Energy

- Low (~2 hrs)
- Moderate (~1 hr)
- High (~30 min)

Ideal blood glucose level
Strategic Movement: Physical Energy

➔ Foundation for full engagement

➔ Movement
   Tool for increasing engagement
   Prevents disengagement

➔ Exercise
   Increases energy-generating capacity
Movement Stimulates Energy Production

- Heart rate
- Blood circulation
- Cognitive function
- Hormones

A program brought to you by Janus Labs®
Live Like a Sprinter, Not a Marathoner

Sprinter

➔ Expend energy fully
➔ Rest and recover

The more fit you are, the faster you recover
You Don’t Have to be an Elite Athlete…

➔ Every 30 to 45 minutes
  - Stretch
  - Small movements

➔ Every 90 to 120 minutes
  - Walk, climb stairs
  - Major movements

➔ Exercise strategically
  - Aerobic
  - Resistance
  - Flexibility
Intensity is the Key
Key Takeaways

➔ Fat: 401k account
    Muscle: savings account

➔ Eat in a series of sprints: every three hours

➔ Movement stimulates energy delivery to critical areas
Agenda

➔ Principles of managing energy
➔ Manage your energy through your day
➔ Take action: complete the mission
Taking Action: What’s your Mission?

- Unhealthy lifestyle
- Poor work/life balance
- Multitasking
- Impatience

Current location → Ultimate mission

Energy for Performance

A program brought to you by Janus Labs®
We are Creatures of Habit

5% Conscious and self-regulated

95% Non-conscious and automatic
Keys to Building Rituals

➔ Link rituals to primary values
➔ Be precise about time and behavior
➔ Be positive, focus your energy on what you want
➔ Commit for 30-60 days
➔ Create a supportive environment
Key Takeaways

➔ Connect your goals to purpose
➔ Practice rituals to build habits that stick
➔ Build a support network, tell friends and family
Get In The Game

➔ Manage energy, not time, to become fully engaged

➔ Manage energy throughout day with food and movement

➔ Take action by developing supportive rituals