



# Why Energy Matters in the Workplace



# Today we will...

- Define energy and recognize why it matters to you in the workplace.
- Explore how energy dynamics can strengthen your relationships, enabling a deeper understanding of both others and yourself.
- Develop a proactive approach to prevent burnout by incorporating personal healing practices into your routine.

**If you understand and use the power of energy, you can naturally prevent burnout, connect better with others, build stronger relationships, and create a more balanced life.**



# Personal Energy Dynamics





# What Drains Your Energy?





# What's in Your Bottle?





morning



to do



surprise



strategy

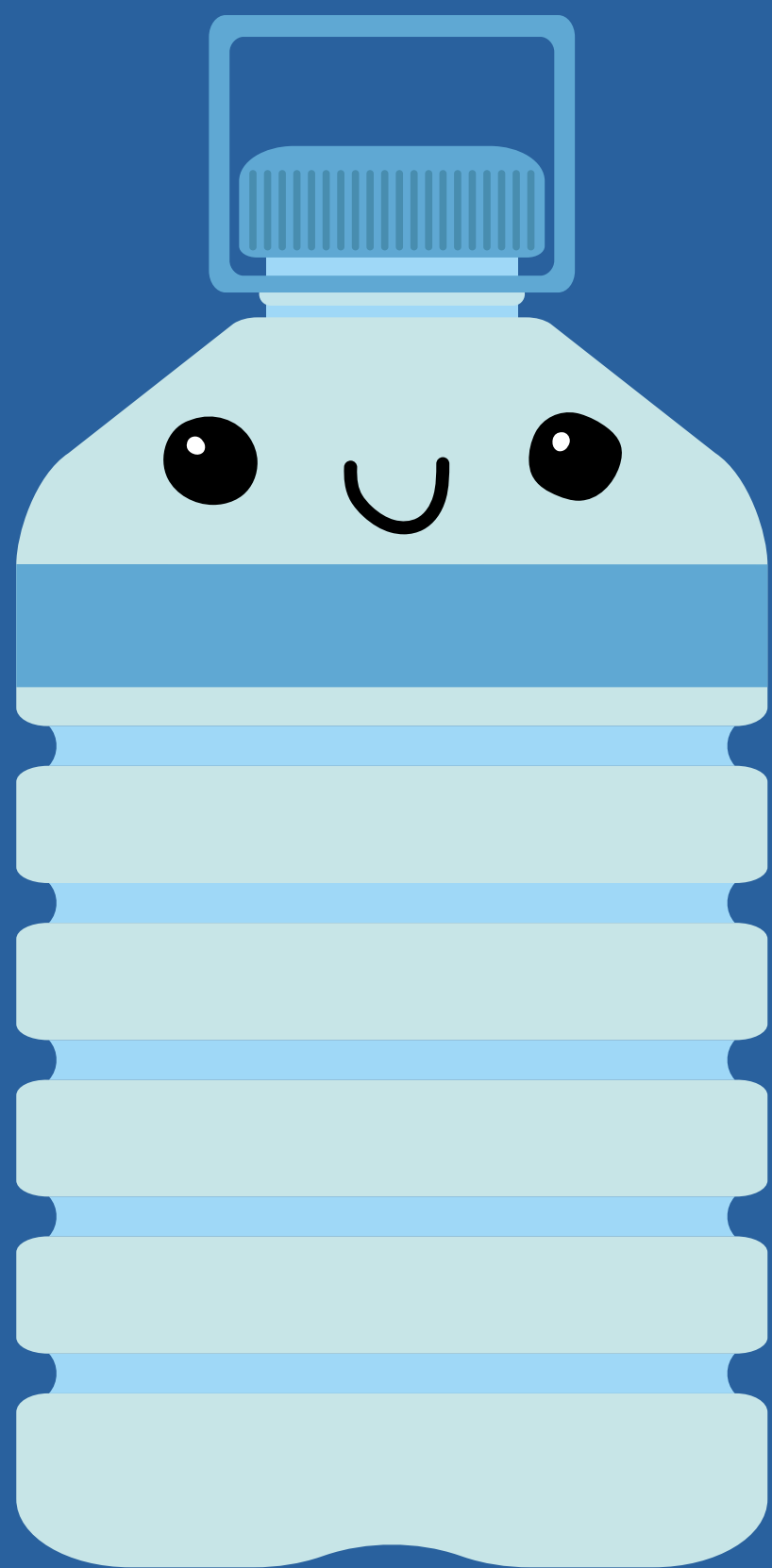


post  
work



one  
day





# When Your Bottle Levels Are Low

Do you ever find as your day goes on, maybe as you're driving home, that your tolerance for less than perfect drivers is extremely low?

How about do you ever find yourself obsessing and overanalyzing about things to a point where you cannot make a decision?

Do you find yourself crying at everything?

Do you ever get to the end of the day, and even as someone who hasn't had back problems, you feel low back pain?



# energy storage fee





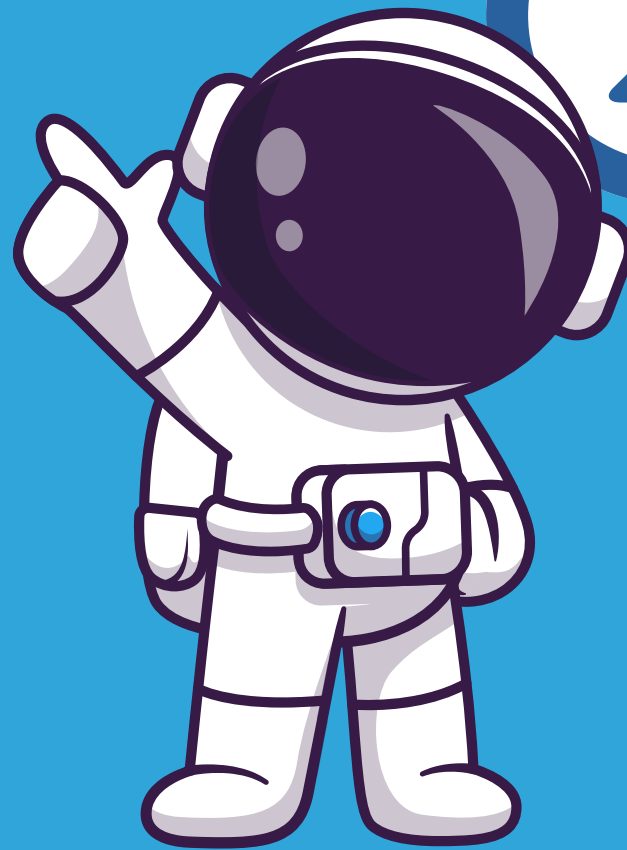
# 3 Steps to Prevent Burnout

1



**Make Time**

2



**Make Space**

3



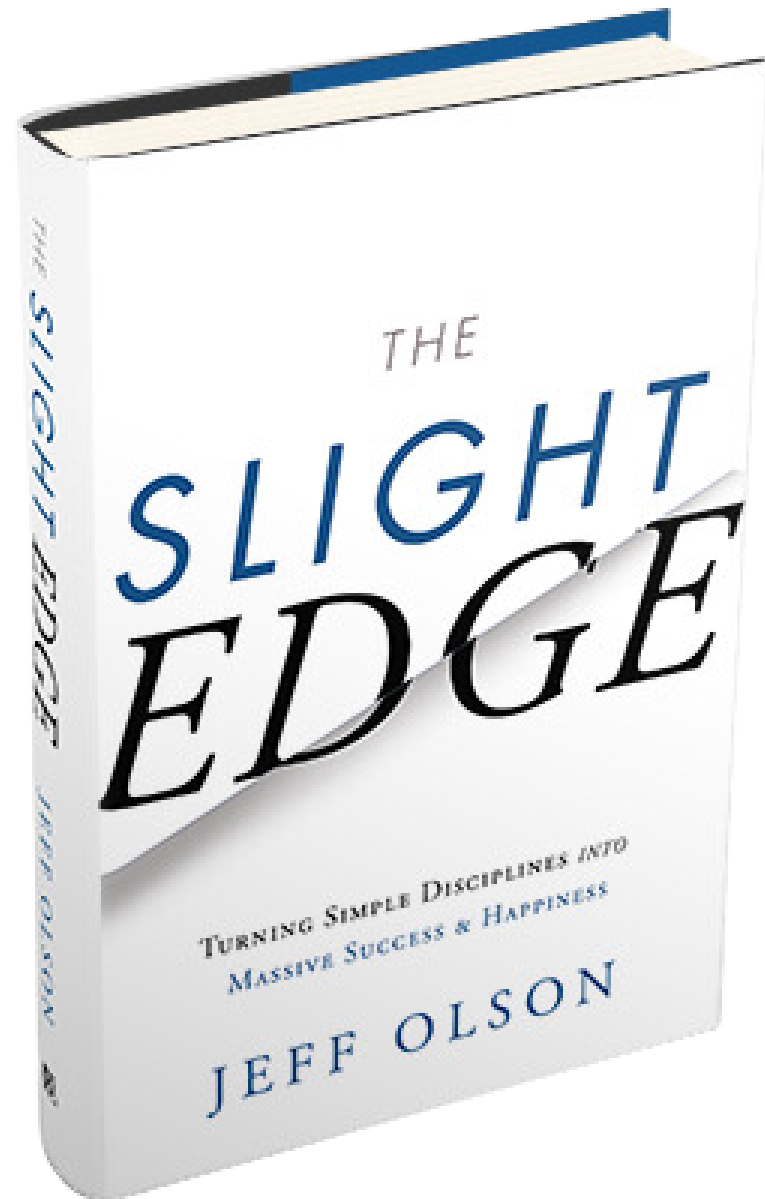
**Choose Wisely**



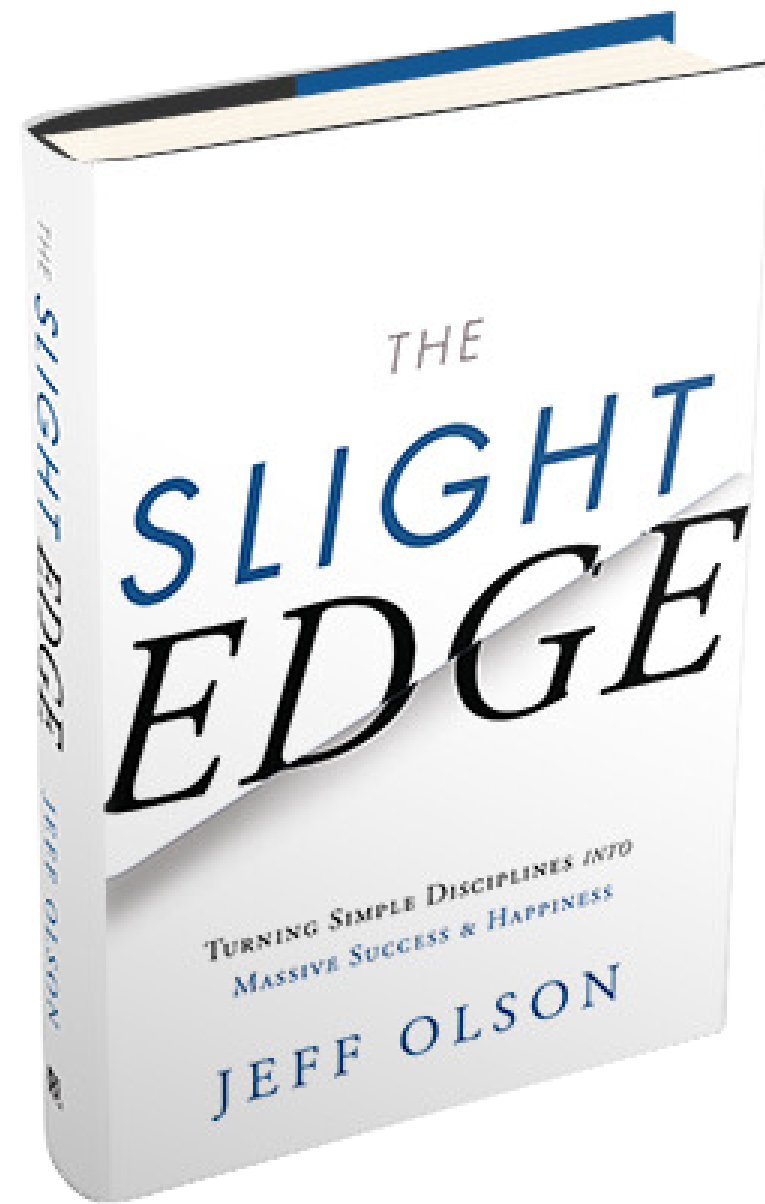
Step One.  
Make Time





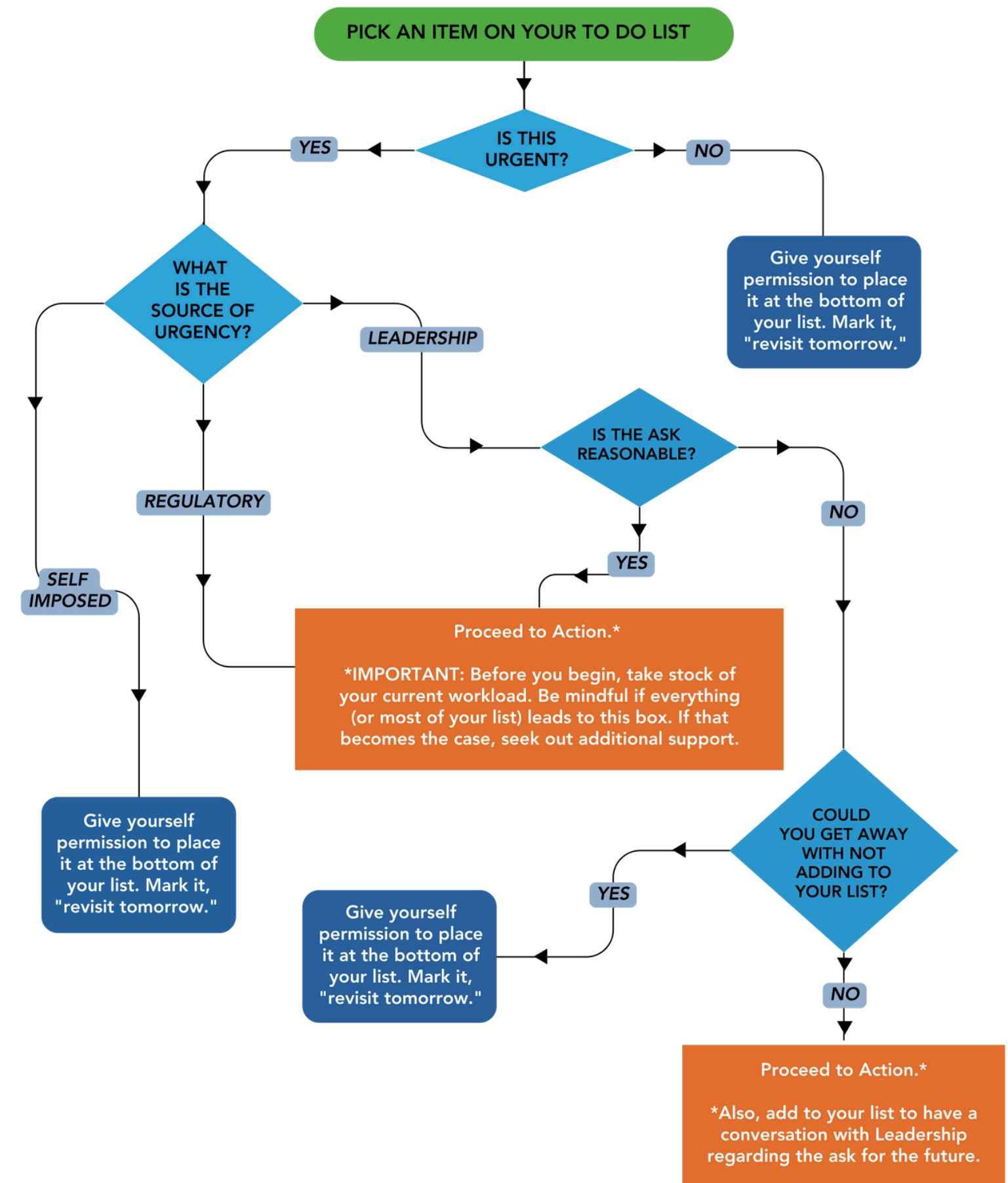


- The most powerful force for change is time.
- Position your daily actions so time is working for instead of against you.
- Because time will either promote you or expose you.



- The problem is: every action that is easy to do, is also easy not to do.
- If you don't do them, you won't suffer, or fail or blow it- today.
- But that simple error in judgment compounded over time will ruin your chances for success.

# Find More Time



# Challenge Assumptions







Step Two. Make Space



# Make Space in your Body



## **Healing Sounds and Well-being:**

- **Associated with practices like sound therapy and meditation.**
- **Concept: Vibrations influence our overall well-being.**

## **Traditional Chinese Medicine View:**

- **Sound is seen as a form of energy.**
- **Impact: It can influence the flow of Qi (life force).**

## **Harmonizing Vibrations:**

- **Belief: Specific sounds harmonize and balance the energetic aspects.**
- **Areas: Body, Mind, and Spirit.**

# Make Space in your Body

1. Think of a moment that was a bit irritating.

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2. Begin belly breathing.

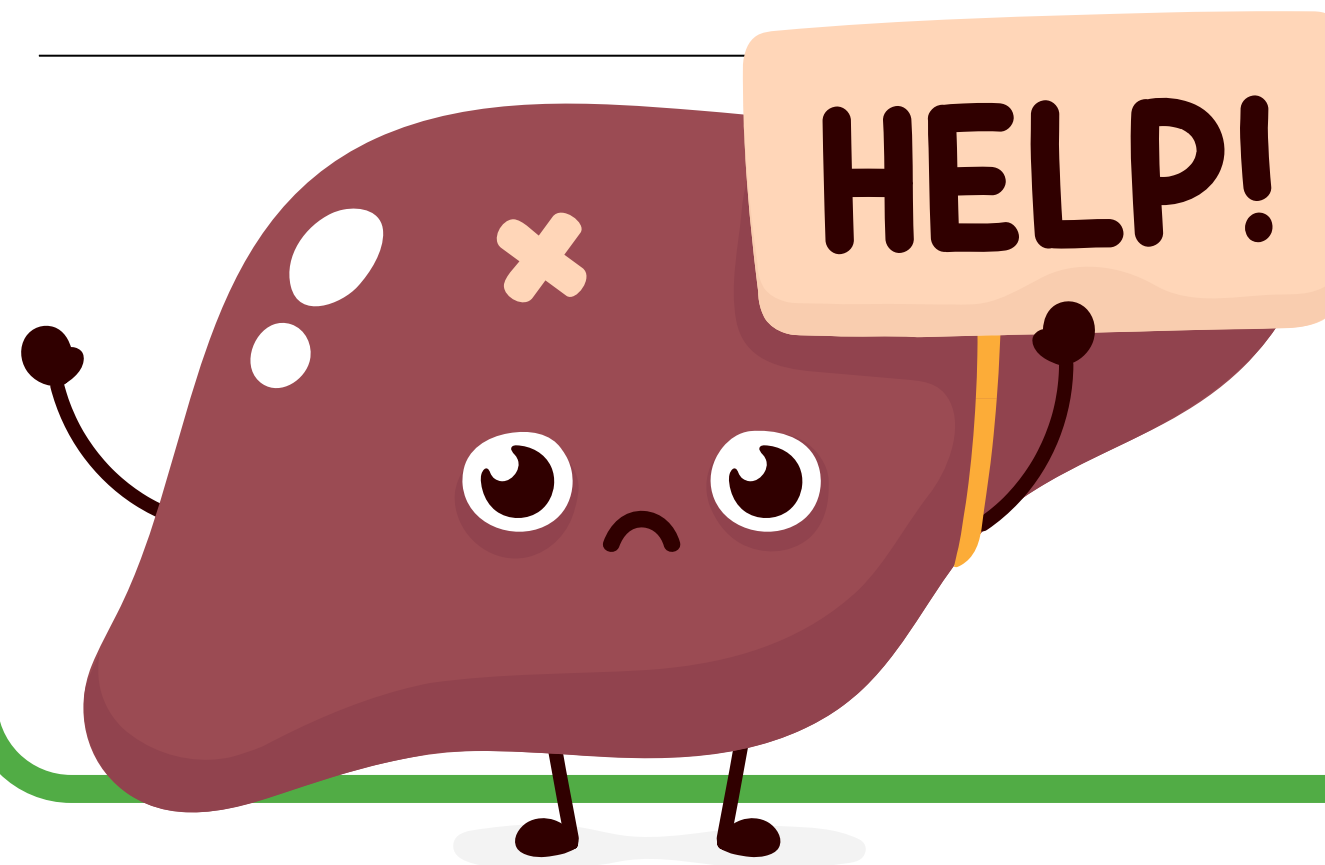
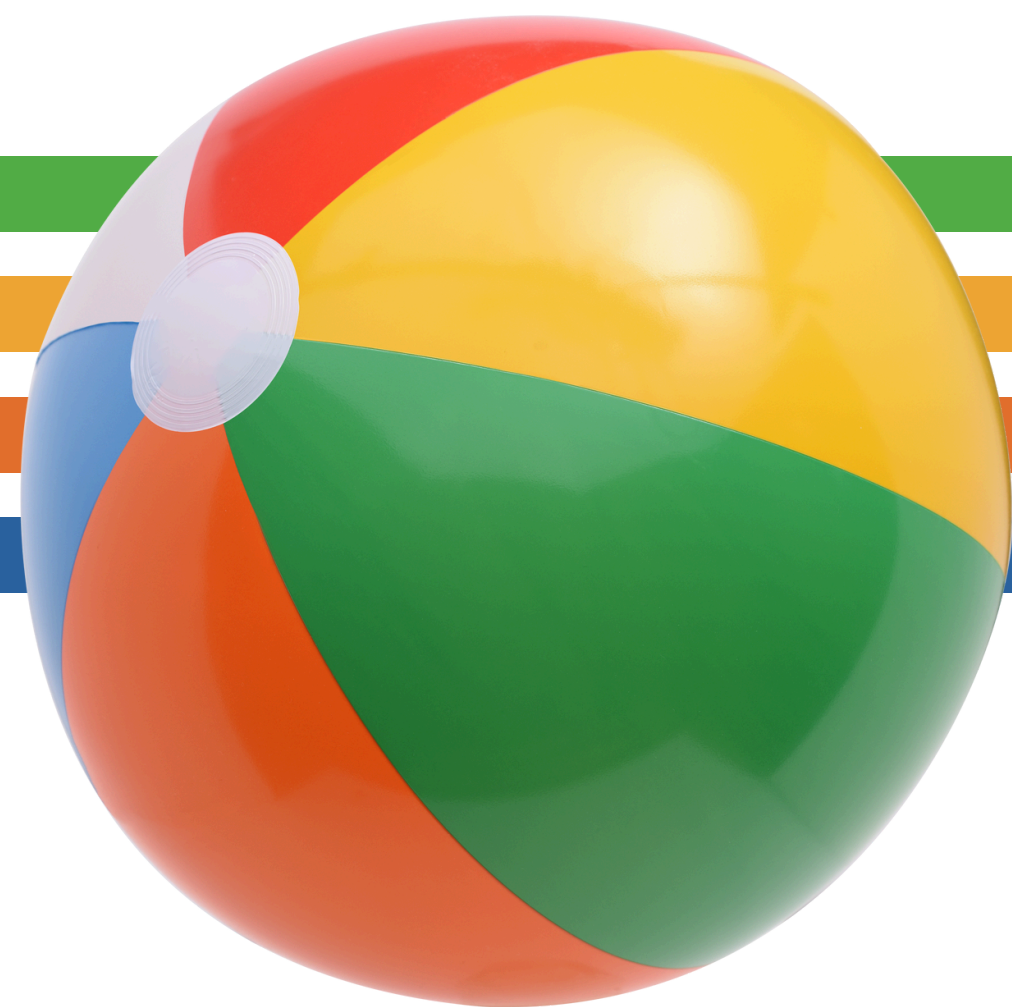
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3. Imagine your breath is emerald green.

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4. Exhale out with sound: Shooooooooo

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# Step Three. Choose Wisely



# Fill your time with what gives you energy...



**Walk**

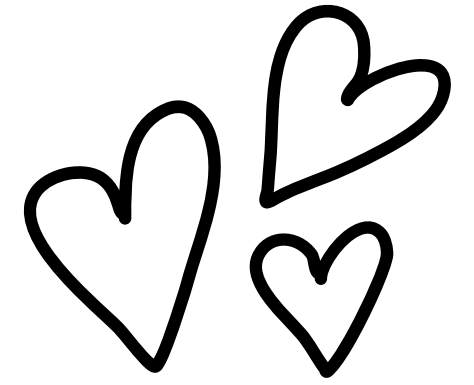
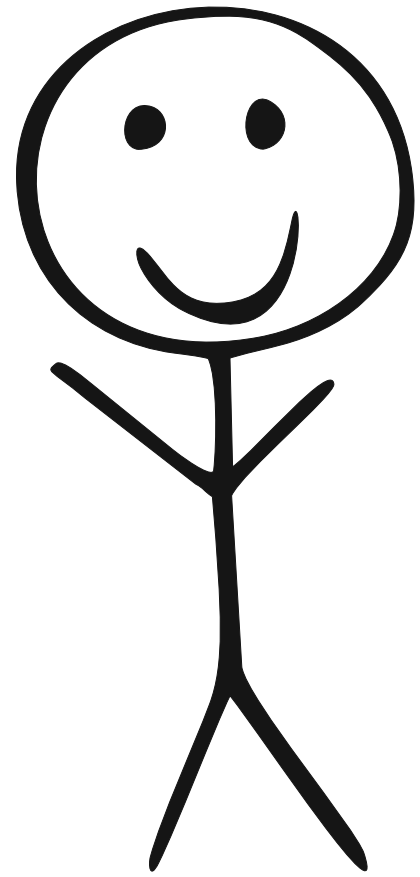
**Nap**

**Fiction Book**

**Creative Flow**

**Intentional  
Netflix**

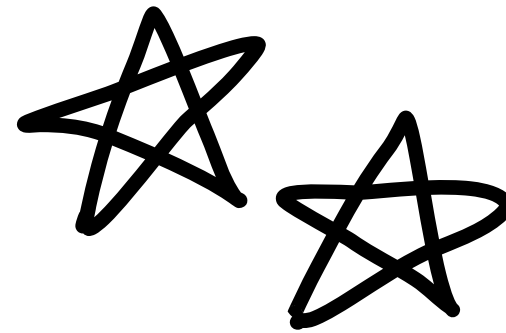
**Spontaneous  
Dance Party**



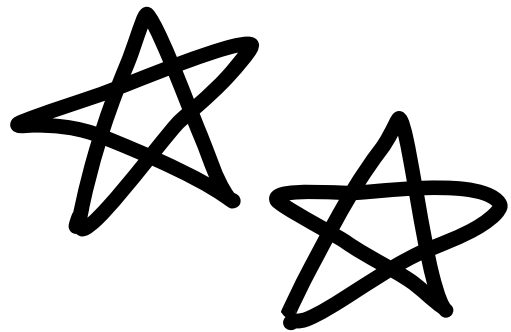
# What gives you energy?

Walk

Nap

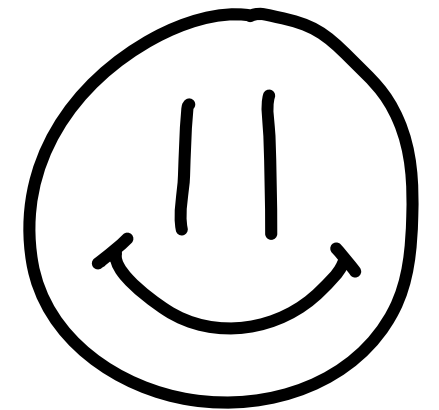


Fiction Book



Creative Flow

Intentional  
Netflix



Spontaneous  
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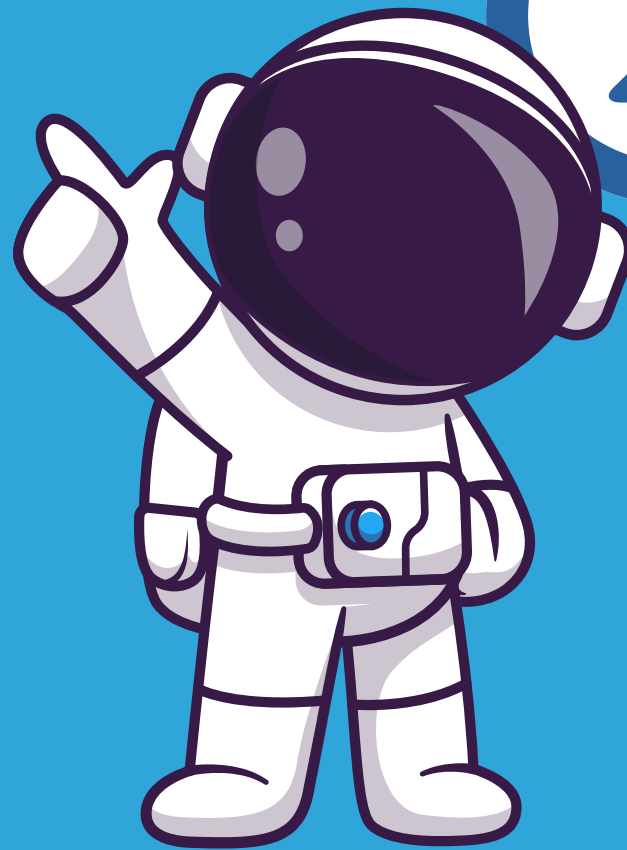
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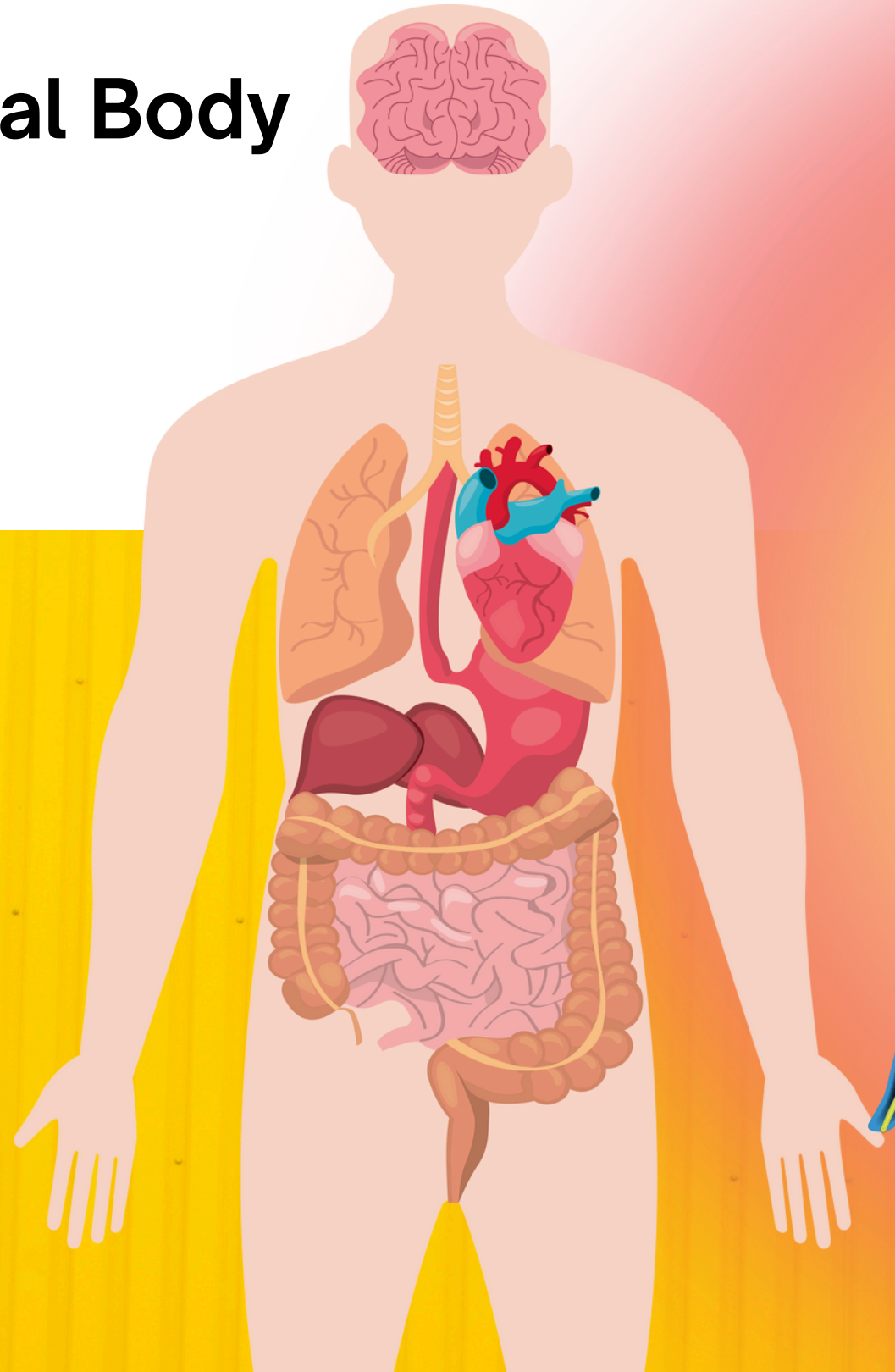


**Choose Wisely**

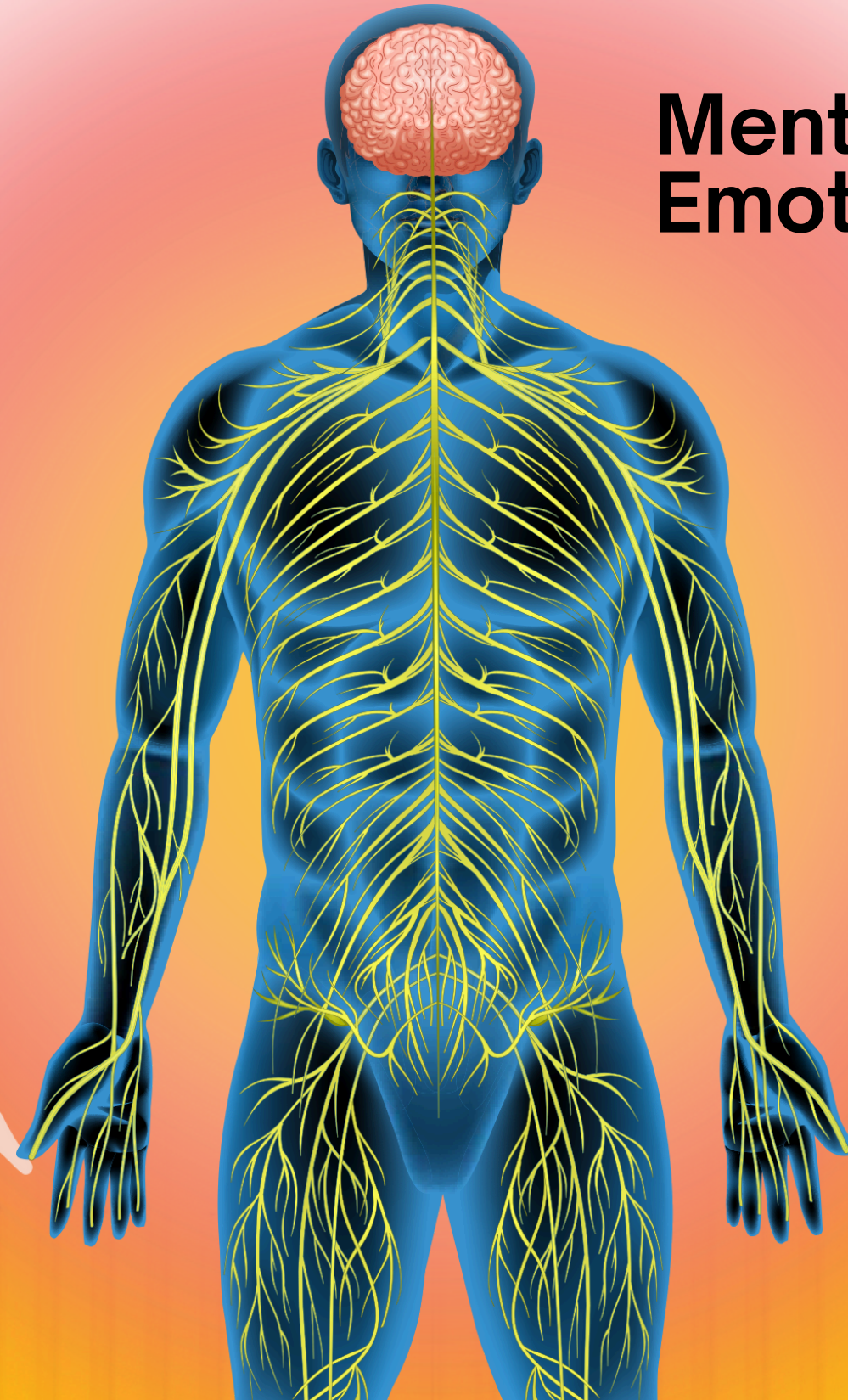


# Two Energetic Bodies

**Physical Body**



**Mental  
Emotional Body**





# One Foundational Formula for Energy Care

Clear



Cultivate



Connect

Remove from the energetic body all that does not serve our greatest good. This includes emotions, thought patterns, and belief systems.

Replenish your energetic reserves, increase your energy levels, and invite restorative energy from external pure sources like the earth and sun.

Experience moments of inner peace that provide clarity and affirmation for your work or life.

**If you understand and use the power of energy, you can naturally prevent burnout, connect better with others, build stronger relationships, and create a more balanced life.**

# One Thing You Can Do



**To Clear**



**To Cultivate**



**To Connect**





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