

PERFORMANCE ENERGY

Energy for Living

Energy for Business

Energy for Profit

PERFORMANCE ENERGY

Who Should Attend

All business leaders who are responsible for inspiring, leading and directing teams will gain a new platform and momentum from this course and together with their company and business colleagues they will reach new heights in success.

Why attend this programme?

The utilisation of energy in the business is reflected by the performance attitude of the leaders and staff. Highly energised people drive successful companies to new heights. The secret is to ensure that your staff are trained to monitor and maintain their energy levels just as a high performance athlete lives and trains to win.

"Energy, not time is the fundamental contributor to high performance."



We asked 200 executives, business leaders, and entrepreneurs in Ireland:

HOW DO YOU PERFORM WHEN YOU HAVE HIGH ENERGY?

A selection of their comments

- "Feel great"*
- "Excellent concentration"*
- "Excellent problem solving ability"*
- "Productivity rises"*
- "Manage my team better"*
- "Fantastic customer interaction"*
- "Lower stress levels"*
- "Engage more with my family at home"*



HOW DO YOU PERFORM WHEN YOU HAVE LOW ENERGY?

- "Feel tired"*
- "Slower to respond to critical issues"*
- "Edgy and irritable"*
- "Problems just seem to multiply"*
- "Attention to detail is dreadful"*
- "Avoid customer interaction"*
- "At home I am cranky"*



Course Objectives

Understanding your energy levels and how they can impact on your business performance throughout the working day.

Learning how energy levels are slower to recover once we are over the age of thirty. Understanding the daily demands of business meetings, high-powered negotiations, presentations, and creativity in designing new plans and seeking new markets, all require high levels of energy.

Understanding that stress can be converted from being a source unmanaged energy. "We are what we eat and drink" and we can eat and drink our way to high performance energy under the guidance of our fully qualified nutritionist.

Maintaining an acceptable level of fitness will protect our health and help maintain a well balanced energy flow throughout our working day.

We will create an individual plan for you to dramatically increase your energy levels for your business day, your career path and your home life.



Robert McKernan

Robert McKernan has spent over 25 years working in commercial sales roles in Ireland for large multinationals, setting up 7 sales teams from scratch and running teams in size of 3 to 64. These businesses turned over between €100 and €250 million annually.

In 2002, Robert set up McKernan Training Solutions and since 2003 95% of the business is either repeat or referral business. His clients come from across all categories of business in Ireland. In 2008 he will speak at sales seminars in China and Canada. www.mckernantraining.com



Jim Coffey

Jim Coffey has 35 years experience in Senior Management. He commenced his career in Guinness Ireland, moving on to become Sales Director of Kraft Ireland during the volatile 70's and 80's.

20 years ago he was appointed as Managing Director of RS Sales, where he grew the business through creating and developing numerous brands operating in the building and DIY sector. In 2002 he led a successful MBO of RS Sales and subsequently sold the business to McLoughlin's in 2007.

Jim brings huge passion and experience to the programme and he believes that powerful energy is the driving force that fuels the motivation necessary to win in business.



Gosia Rzeszutek

Gosia Rzeszutek is a founder of Health Creation, the first of its kind nutrition consultancy in Ireland providing scientifically accurate and impartial information about the connection between nutrition and health. She has been giving public lectures, presentations and workshops to the general public, medical doctors, pharmacists, and nurses for the last two years. She also has clinical experience in the area of nutrition consulting and has written articles on health and nutrition for various publications.

She holds a Certificate in Health and Nutrition and a Certificate in Essential Nutrients from Thames Valley University in London.

She also holds a Masters in Business Science from Warsaw School of Economics, MA in International Relations from Dublin City University, and an MA in Intercultural and Business Studies from the University of Passau, Germany.

BENEFITS

PHYSICAL

You will find out:

- How energy is wasted in your body (pre-programme diagnostic)
- How you react to low energy
- What are the things that drain your energy
- How you can in a really practical way keep physically fit and create a no sweat workout in your car or your office
- To maintain your required fitness level

NUTRITION

You will find out how to:

- Increase your energy levels
- Improve your concentration and memory
- Recognise foods with the highest nutrient density
- Lose weight without counting calories
- Lower your cholesterol without medications
- Dramatically reduce your risk of heart disease, cancer, diabetes
- Increase not only your life span but also your health span
- Feel and look years younger
- Eat healthy in a corporate environment

PERFORMANCE ATTITUDE

You will find:

- Inspirational and creative energy sources for new business ideas
- What drives you, and what your true potential is
- How to deal with any negative influences affecting your performance attitude
- How to tap into your hidden reserves
- A way to create a vision for your future in the business
- The energy for living the life of a successful executive at home
- A way to share your goals with your spouse or partner
- The energy for your sporting activities

COURSE CONTENT



