



ENERGY

Receive the boost you need

RUN SHEET | 60 MINUTES | UP TO 30 PARTICIPANTS

INTRO	<ul style="list-style-type: none"> Facilitator intro. Discussion around the 'energy crisis' – 1 in 5 of us now complain we are constantly exhausted. Agenda set.
UNDERSTANDING OUR ENERGY	<ul style="list-style-type: none"> In the workbook a number of shock facts are shared around why we are presently suffering from an 'energy crisis'. We also explore different lifestyle areas that can impact our energy e.g. Nutrition/Movement/Purpose.
THE SUGAR QUIZ	<ul style="list-style-type: none"> A special focus is placed on sugar and energy. Activity: <ul style="list-style-type: none"> Participants fill in a quiz to see if they are addicted to sugar. Participants then fill in a second quiz to guess how much sugar is in common food items.
NUTRITION FOR ENERGY	<ul style="list-style-type: none"> We provide a number of healthy habits everyone can introduce. Activity: <ul style="list-style-type: none"> Participants look at what a typical day of food looks like for them. Then, in line with the healthy habits and inspiration, they look at where they can make some small and achievable adjustments for better energy.

EXERCISE	<ul style="list-style-type: none"> Run through of recommendations for introducing more movement and better exercise for increased energy. Activity: <ul style="list-style-type: none"> Everyone thinks about a commitment they can make to introduce more movement/exercise.
INSTANT ENERGY FIXES	<ul style="list-style-type: none"> Often we just lack motivation and purpose to get us through a day. Activity: <ul style="list-style-type: none"> A number of techniques are shared that people can use to keep energy high at any point during a work day e.g. Jargon Bingo. Demonstration of one of the techniques takes place to immediately increase energy there and then. Participants think about which of these techniques they would like to use going forwards.
CLOSE + ACTION PLANS	<ul style="list-style-type: none"> Review personal action plans. Summary and questions. We also share a bonus tip around 'Scheduling your Day' for energy – so implementing behaviour changes where individuals most experience energy dips.