

Workshop Sustainable Service

TOPICS

- Symptoms of Energy Depletion
- How Low Energy and Stress are Related
- Principles of Personal Energy Optimization
- The Keys to Enhanced Vitality
- Become Immune to External Negativity

BENEFITS

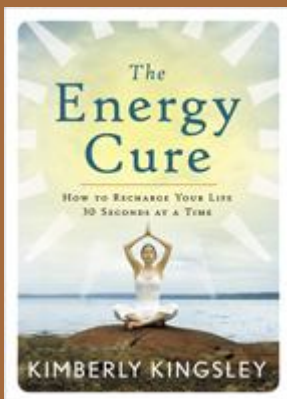
- Stress Reduction
- Enhanced Creativity
- Increased Focus and Concentration
- Improvement in Health and Well-being
- Respond to Challenging Situations and People

RESULTS

"This is a powerful training that left the team feeling invigorated and energized with new ideas."

- Training Programs Manager,
Philips Healthcare

TOOLS



Personal Energy Optimization at Work and in Life

This half-day workshop nourishes employees while teaching them how to manage their own personal energy resources for the purpose of overall well-being and elevated performance.

Sustainable Service is designed to help participants enhance vitality and reduce stress while effectively navigating the challenges of serving both internal and external customers.

Participants will leave with a completed Personal Energy Inventory (PEI), hundreds of tips for optimizing their personal energy, and a copy of the highly acclaimed book, ***The Energy Cure: How to Recharge Your Life 30 Seconds at a Time.***

How to Schedule

Email contact@kimberlykingsley.com or call (480) 443-0840 for cost and availability.

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