MOVEMENT FOR ENERGY MANAGEMENT
Strategic Movement

• Planned use of movement to enhance energy production and engagement
• Let’s move!
COMPLETE THE MISSION!
68% of senior executives in the U.S report feeling emotionally/physically burnt out.
DEMAND VS. CAPACITY CURVE
OUR HISTORY

- Sport
- Law Enforcement
- Medicine
- Business
Managing ENERGY (not just time) is the KEY to MISSION success!
ENERGY IS FOUR-DIMENSIONAL

FOCUS
QUALITY
QUANTITY
FORCE
FULL ENGAGEMENT

The **acquired** ability to **intentionally** invest your **full** and **best** energy, right **here**, right **now**.
The Pathway to Deepening Engagement
ENERGY CHALLENGES

REPLENISH INTENTIONALLY

SEEK STRESS
LIVE LIFE IN A SERIES OF SPRINTS
Exercise/Movement

Activities that Enhance Opportunistic Emotions

Mindless Tasks/Activity

Values Reinforced/Rejuvenated

Laser-Focused Tasks

Using Opportunistic Emotions

Put Your Values In Action

STRESS (Energy Out)  RECOVERY (Energy In)

Corporate-Athletes Must Train
PERSISTENCE ▶ PERFECTION
“Your first and foremost job as a leader is to take charge of your own energy, and then to help orchestrate the energy of those around you.”

Peter Drucker
World-Renowned Business Strategist

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TAKE ACTION

1. Take Charge of Your Energy
   ➢ Free self-profile at www.corporateathlete.com

2. Help Orchestrate the Energy of Others
   ➢ Tell 1-2 people about the science of energy management

3. GO AFTER YOUR MISSION!
Wawa’s Purpose & Values

Fulfilling Lives, Every Day.

- Craving-tamer
- Waker-upper
- Day-brightener
- Fun-raiser
- Way-finder
- Ear-lender
- Cheer-leader
- Family-member
- Care-giver
- Life-saver
Wawa’s Corp. Athlete Journey

- 2012 (CEO takes the 2.5 course)
- 2013 (14 Senior Leaders & Directors take 2.5 day course)
- 2014 – 2015 (over 350 take 1 Day course/GM’s, AM’s & Directors)
For more information, please visit:

www.corporateathlete.com