

7 Ways You Create Your Work and Life - For Better or Worse

Audience:

All leaders and team members

Description:

Feel like you're stuck and angry at life? Doing things for everyone except yourself? Learn about the seven ways you can think about life and work. Wouldn't it be great to understand where the drama comes from and make a plan to minimize or eliminate it?

Anabolic people have the ability to motivate and inspire themselves and others to do extraordinary things. They have the ability to positively lead their lives and impact others. **Catabolic people** spend their energy constantly reacting to their circumstances with worry, fear, doubt, anger, and guilt.

Which one are you?

You'll Learn:

- The seven levels of thinking in the Core Energy Leadership Model.
- How, under stress, we default to catabolic thinking.
- How it's possible to change your thinking and get a different outcome.
- How to apply this model to your life, your work, and your relationships.

Benefits:

Anabolic workplaces attract and retain high performers.¹ They are rejuvenating and self-motivating environments. **Catabolic** workplaces feel draining, destructive, and de-motivating. Productivity suffers and engagement drops.

Catabolic workers make up much of the 70% of workers that the Gallup organization defines as Not Engaged or Actively Disengaged². This impacts the company bottom line in lost productivity, less than stellar customer service, and lack of innovation.

Anabolic workers and workplaces tend to be more engaged and engaging. Higher engagement means higher productivity, profitability, and customer ratings, less turnover and absenteeism, and fewer safety incidents.²

Formats:

- One-hour Overview – includes short case studies where the audience members apply this to their work situation.
- Two-hour to Three-Hour Workshop – Includes the Energy Leadership™ Index Assessment for each team member, Overview, and Application of the model. Great for intact teams who want to create a positive workplace



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