

# THE ENERGY WHEEL

Creating leverage in your life



**Lex Dwyer Consulting**

**Learning. Wellness. Collaboration.**

# THE ENERGY WHEEL

**Activity based learning that integrates health, fitness, and humor to help you build personal resilience.**

The Energy Wheel equips you with the tools and skills to manage your energy and develop capacity to consistently perform at a high level in your business and personal life.

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## Background:

For many people the idea of being able to manage energy and achieve outstanding business results is somewhat paradoxical i.e. it's one or the other. With the Energy Wheel, it's a matter of realising that both can happen and be improved at the same time. The philosophy behind the Energy Wheel can be best illustrated by the idea of: **'The business world meets the health retreat'**.

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## Learning Outcomes:

- A snapshot of current lifestyle habits and the impact this has on your personal energy
  - A clear understanding of the eight dimensions of energy management and the connections between them
  - Alignment of personal priorities with a clear action plan
  - How to use personal resilience as a way to build a performance culture in the workplace
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## Overview:

The somewhat unexpected beauty of the way the Energy Wheel rolls, is that it is not a matter of trying to manage more things in an already tight time frame. Many of the dimensions can happen at the same time as you go about your daily operating rhythm. That is, you manage your energy and build greater capacity.

The Energy Wheel is a self-scoring instrument that looks specifically at these eight health-giving behaviours. Each dimension impacts directly on your energy level. With the energy gained from these behaviours, high levels of wellness may be more easily achieved.

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## Delivery:

The Energy Wheel workshop can be done in a classroom format or online giving every person in the organization an opportunity to participate and develop a personal plan to create the leverage in their life.

Online coaching is an exciting way to offer clients access to the Energy Wheel coaching where and when they need it. It's flexible and convenient and includes access to ten videos (an introduction to the Energy Wheel, a video explaining each dimension and some closing thoughts and actions) as well as the Energy Wheel quiz and questionnaire.

An additional coaching call online provides participants with follow up support in putting their Energy Wheel results into action. Discuss results, set goals and become accountable by understanding how the brain works and what it means to create change.

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## Facilitators:

At Lex Dwyer Consulting we know that when participants are feeling relaxed and comfortable, they are more likely to engage with content, retain information delivered and build positive working relationships with others. We take what we do seriously and yet the style of the delivery is playful with the intention of creating a space where team members are enjoying themselves, are more open to share with each other and build positive working relationships. We have a mix of academic, learning and development, and front-line practical experience.

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# Creating leverage in your life.

The development of the Energy Wheel in 1995 at Corporate Fitness Services has proved to be a breakthrough in helping business people learn the skills of managing their energy and creating the environment where business performance is positively impacted.

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To learn the practice of energy management has become one of the critical skills in the development of high performing business people.

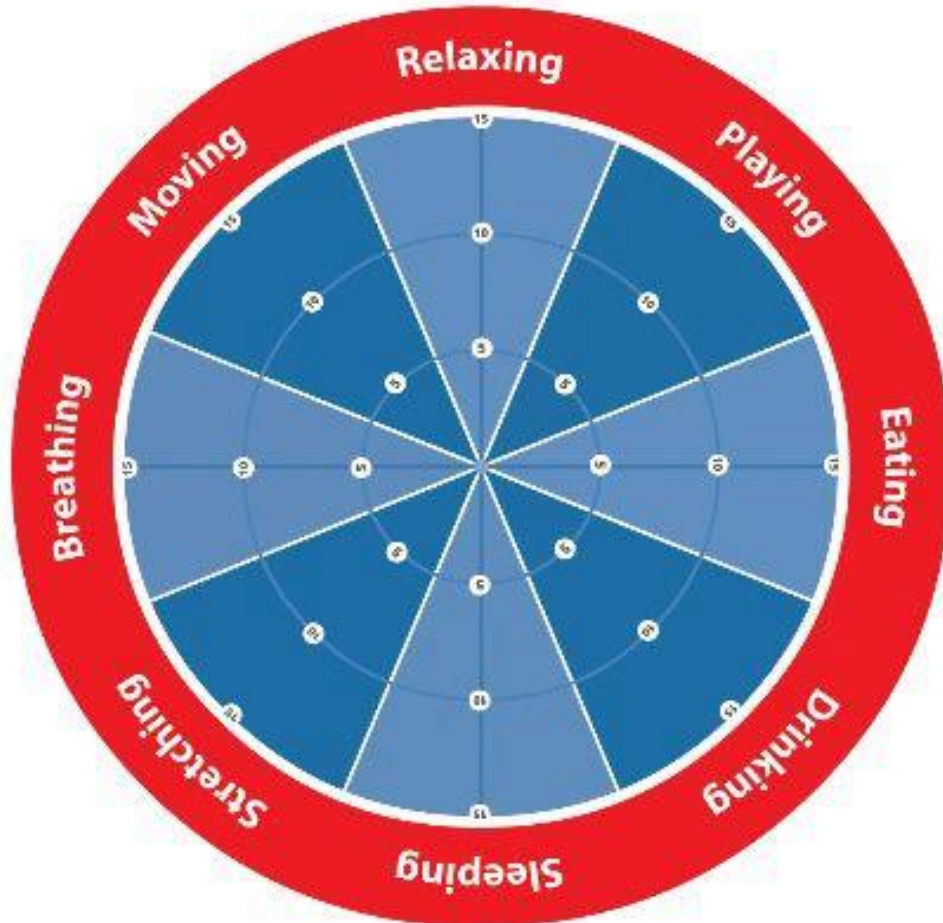
*-Lex Dwyer*

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For 18 years the Energy Wheel program has been woven into the fabric of the Australian Graduate School of Management General Managers Program and Lex has received the excellence in teaching award for his work in this area.

# THE WHEEL



## LIFE IS A SERIES OF SPRINTS - NOT A MARATHON

Four of the dimensions are energy creating, and four are needed for recovery. We place as much emphasis on creating energy as what it takes to rest, repair and recover, so we can give 100% and show up each time as we need to - as opposed to stumbling across the finish line, like at the end of a marathon. Consistently giving our best efforts requires us to know ourselves and the behaviours in which we consciously and subconsciously engage. Enter, the Energy Wheel.