

# ENERGY & RESILIENCE NEUROLAB

## ENERGISED?

THIS NEUROSCIENCE  
BASED PROGRAM HAS  
THE ANSWER.

## WOULD YOU LIKE TO FEEL MORE

...Manage your ENERGY, not your Time  
and watch your MOTIVATION grow!!!!

Too many executives and staff presenting themselves for their annual medical check up are continually reporting that they are pushing themselves harder than ever to keep up and increasingly feel they are at

regularly renewed by establishing specific rituals – behaviours that are intentionally practiced and precisely scheduled, with the goal of making them unconscious and automatic as quickly as possible. This is the

*A major international bank had its employees participate in our energy renewal program.*

*The results produced 13 percentage points greater year-over-year in revenue from loans than the control group did. And they exceeded the control group's gains in revenues from deposits by 20 percentage points.*

breaking point.

**The core problem with working longer hours is that time is a finite resource. Energy & motivation is a different story.**

Defined in physics as the capacity to work, energy comes from four main wellsprings in human beings:

- The body
- Emotions
- Mental State and
- Mindfulness.

The **Energy Management Program** focus is on these 4 areas above.

In each, energy can be systematically expanded and

core of the Energy Renewal Program and critical to anyone in our highly pressured world.

To recharge ourselves, we need to recognize the costs of energy depleting behaviors and then take responsibility for changing them, regardless of the circumstances we are facing.

Work and life can be particularly energy draining on us.

Learning how to manage energy enables our brain to optimize what has been learnt and apply those skills in our high pressured lives.

MIND Peak Performance

## Brief Overview

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Organisations are demanding ever higher performance from their workforces. People are trying to comply, but the usual method - putting in longer hours - has backfired. People are getting exhausted, disengaged, sick and demotivated.

Longer days at the office don't work because time is a limited resource. But personal energy is renewable.

By using scientifically proven techniques people can replenish their energy and the organisation can help build motivation and worker's physical, emotional, and mental resilience.

Help your employees systematically rejuvenate their personal energy, and the benefits will go straight to the bottom line.

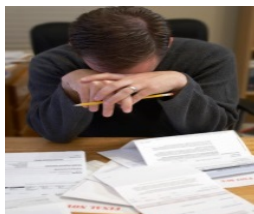
*"To recharge ourselves, we need to recognize the costs of energy depleting behaviors."*

## About the Energy Management Program

### Program Objectives:

At the end of this 3 hour program attendees will

- Understand the subconscious effects of pressure on them
- Learn neuroscience based techniques to minimize these effects
- Evaluate their current energy management capabilities
- Learn techniques to energize, vitalize and motivate themselves
- Prepare a plan to recharge their energy



### Program Details:

- The program is facilitated by Dr Stan Rodski, Neuroscientist
- No reading is required
- The program is designed to be completed in 2 hrs.

### Program Deliverables:

Each participant receives

- A personal energy analysis( in program)
- 50 page workbook
- 'Quick tips' that can be used TODAY for better energy management

- An energy plan for better health and productivity outcomes.
- Individual participation in neuroLAB
- Mindfulness At Your Desk, 4 month on line program to embed learning from the program
- NeuroLAB kit

### Program Costs:

TBA

### Further Details Contact:

Dr Stan Rodski Ph 0417329154  
[stan@mindpeakperformance.com](mailto:stan@mindpeakperformance.com)

*MIND Peak Performance are providing this unique Energy Management program developed by neuroscientist Dr Stan Rodski.*

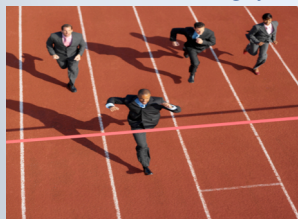
### About Dr Rodski and MIND Peak Performance

Dr Stanley Rodski ,B.Ec(Stats),D.Sc(Biometrics) Neuroscientist

Stan's qualifications include an economics degree in econometrics and a doctorate in science( biometrics).

Dr Rodski has over 30 years of experience both in Australia and internationally as a psychologist , researcher and teacher helping executives not only deal with the pressures and stressors of work and personal life but also deliver peak performances .

His focus on personal and work performance while under pressure includes working with senior executives all over the world and with major corporates such as Qantas, ANZ Bank, CSIRO, PWC Europe, NRMA, American Express to name a few. The world of elite sport has also been part of his work including Victorian Institute of Sport , Olympians( last 2 Olympics), Melbourne Storm Rugby Club, North Melbourne football club and recently Hawthorn football club.



.....Achieve your Optimal Performance