

Organizational Energy: A Primer on Improving Health

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Organizations worldwide are facing a human energy crisis. One only has to review the data on disengagement to realize that change is inevitable, but the question is, "How to Change?" Energy is our most critical human resource, however most people fail to manage energy effectively. Whether real or perceived, most professionals describe their lives as running out of time, low on energy (especially at the end of the day), compromised performance, and so on. Our business routines have often been characterized by non-stop meetings, endless conference calls, and energy-zapping operational modes. Learning how to effectively manage one's energy in four dimensions (physical, emotional, mental, and aligned to one's mission or purpose), people can learn how to meet the ever-increasing demands in their lives, improve their personal and professional performance, and improve their personal health and happiness. This webinar will briefly examine the problems we face, and offer time-proven strategies on how to view and manage energy as one way to improve the health and performance of our employees.

Learning Objectives

1. Identify human energy as a key critical resource, and how most people fail to manage energy effectively.
2. Clarify how human beings are multidimensional, and how organizations need to consider all dimensions of performance, in improving organizational energy.
3. Describe how individuals and teams can develop the skills to manage energy effectively, improving overall organizational energy.

About our Speaker



Dr. Jack Groppe, PhD is the co-founder of the Human Performance Institute, and Vice President of Applied Science and Performance Training at Wellness & Prevention, Inc., a Johnson & Johnson company. He is an internationally recognized authority and pioneer in the science of human performance, and an expert in fitness and nutrition. Jack served as an Adjunct Professor of Management at the J.L. Kellogg School of Management at Northwestern University for several years and continues to instruct courses at the University in a supplementary role. He authored *The Corporate Athlete* book on achieving the pinnacle of corporate performance and co-authored *The Corporate Athlete Advantage*. Jack developed the Corporate Athlete[®] concept for his training program while serving as an associate professor of kinesiology and bioengineering at the University of Illinois, helping both business executives and athletes increase performance levels.