



### Get in touch

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You feel like you're working harder than ever to get everything done, yet you're struggling with achieving deadlines, feeling more tired than ever and your 'to do' list keeps growing. What's going wrong?

The **Managing Energy Not Time** module is critical because your energy levels significantly impact your productivity, well-being, and overall effectiveness.

You may not be able to put more time into your week but by managing your energy better, research shows that you can get far more done in the time you have.

This fast paced 90-minute online module introduces participants to the latest evidence-based knowledge on simple actions and changes a person can make to their lifestyle to replenish and build energy.

### Who should attend this module?

This module would suit anyone who wants to achieve higher productivity at work, an enhanced sense of health and wellbeing, greater resilience and reduced stress.

### Module outputs

1. Consider latest research findings on the small changes that can be made to boost energy and positive mental attitude
2. Practice techniques to increase concentration and reduce stress
3. Access to a highly impactful evidence-led skillset that can be immediately applied in the workplace

### What people say about this interactive module?

“ Heaps of useful info”

“ Came out very motivated and focused”