

“Time management” has created unbelievable amounts of stress for most of us. That’s why we should stop thinking about managing time altogether.



Learn how to increase your personal and organizational productivity, wellbeing and happiness

High Performance Energy Management

The world’s greatest productivity experts claim that when we control our energy we get a new lease on how time affects us. So, let’s stop “time management” and start Energy Management!

In this presentation you will discover how:

- Rather than working long, concentrated hours, your brain functions at a higher capacity when you work in “pulses” or intervals.
- Great athletes learn to completely rest and renew and our personal, team and organizational productivity functions in the same way.
- Our brain is more productive when we give ourselves time to be creative.
- Our emotions, connection to others and sense of security are important indicators of productivity.

You will walk away with:

Simple, sustainable rituals for yourself and your team that create

- Sustainable physical energy,
- Emotional security,
- Self expression,
- Spiritual significance

This presentation is highly interactive, with lots of audience participation.



Presenter Info: Ruth Schwartz spent 25 years in the music industry and built a \$10 Mil distribution company called Mordam Records. Today, Ruth is an ICF certified, PCC Executive and business leadership coach, motivational speaker, and author of the book, *The Key to the Golden Handcuffs: Stop Being a Slave to Your Business*. She owns High Performance Advocates, a management and leadership development company, is certified in over four assessment sciences and is the creator of the Fail Proof Hiring Program.