

Energy Management

The Art & Science of Choosing You

What is energy leakage and why does it matter?

So often we go throughout the day not realizing the leaky bucket we carry behind us. All of a sudden, we feel more drained. One more coffee becomes the solution, because rarely - in those moments - do we have enough time to rest.

So what if life doesn't allow us to take a nap at the minute, because our responsibilities have become SO big, that we need to make changes fast, to keep delivering at super speed to our job or our children (fill in the blanks with whatever it is for you!)

It is important we analyze our drainage, instead of cutting out the things we enjoy, because we just can't. Fastest way to eliminate your life force btw! I really do not recommend it, unless it is conscious and with purpose (goal you need to achieve with a certain deadline in mind)

- *Take stock of your day and week* - which catch-ups, meetings, activities do you come out of buzzing, and which energetically completely drained? Why was that the case?
Watch for themes: is it certain people/ activities/ environments?
Great exercise to better understand your purpose too btw!
- *What are your quick wins?* Nice to have's, polite yes'es you accepted because you could, meetings that have nothing to do with your yearly goals/ plans, but have been in the calendar for a long time, so you just kept them? We all have them. Have a look at the purpose of each meeting and measure them against its productivity (outcome) and intend. Is it still serving its purpose? At that frequency?

- *Which meetings are you mostly in 'listen only' mode vs an active contributor?* Take an honest look - do you need to be on?

I know this will sting for some of you, but if we take pride out of the equation and think about what we will gain from that, isn't it worth trying a different approach? Unless my opinion is requested, required or indispensable, this meeting is a nice to have, time permitting.

- *Look at your activity list/ to do's* - which activity is it time to action, defer or delegate? Get quick things out of the way fast. I used to action my actions whilst on the call with my team - in full transparency with my team - because I knew they wouldn't get done in time otherwise. Again, do you have to be at the center of it all, or are you becoming your own bottle neck?

- *If you are running a business or team, create guiding principles.*

I will create a separate document for this. My team knew my decision tree: what's in the best interest for the client, the company, then us? That meant they would know what to do, if I wasn't around. Similarly, every person I hired knew the traits I expect / guiding principles from every employee. So every referral came under that umbrella. I will create a separate sheet on principles, as they have been a game changer in my personal & professional life.

- *Time out of the office + planned holiday.* My email signature would always include my upcoming holiday, which meant I would get replies/ requests sooner rather than later + my out of office made it very clear that I wasn't working. I was at times, of course, because you can't run a region and not occasionally peak, but I let that mostly be my most strategic work.

For two reasons:

1) once your head is in business mode, you are no longer present with the fam - fact! Rest of the day your mind is on that email/ meeting invite/ problem.

2) That is the expectation you set with your employees. I would purposefully delay delivery to all of my emails, so my associates wouldn't feel THEY had to work on their pto, because that's the expectation I set. Conscious leadership requires you to think many steps ahead, and whilst some of the things your team

won't ever know or recognise (unless you tell them!), the habits you build in them will speak for themselves.

- *Now back to your calendar - which activities is it time to cut?*

What are you holding onto, because 'you did that training' or don't want it to be another thing you 'don't follow-through on'. Scratch that! Your health is your #1 priority, or you wouldn't be reading this. I give you an example: I LOVE dance, always have done.

And anything that's linked to development & growth - especially around human psychology. But guess what... running dance events I really didn't. It left me exhausted. Drained. Unsatisfied..

On the contrary, the first time I shared my poetry up on stage, I couldn't WAIT to do it again. So what are YOUR energy suckers? Can you eliminate them? If not, how can you balance them out?

- *Review your daily schedule* - how much time is spent on activities filling your own cup? Is there a way to make some changes?

Can a meeting be taken on the phone, as you walk around the block? Can you adjust the frequency of another down to fortnightly, instead of weekly, if you notice less progress was done, or your priorities shifted?

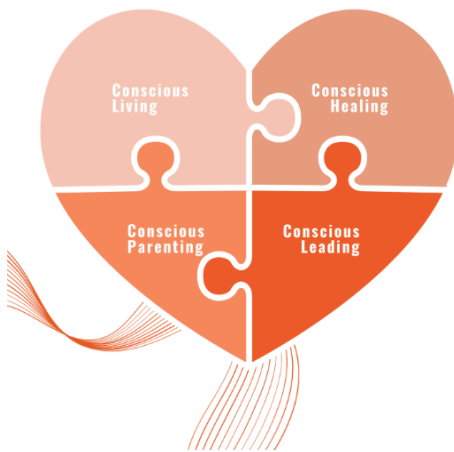
- *Your calendar defines your life - more often than not - is there a healthy balance between work and play?*

Do you have something scheduled, forward looking, that is fun and exciting and gets you out of bed? So often all we have in the diary are responsibilities. Don't forget to motivate yourself. Btw, at my peak in my corporate career, I used to schedule family time. Now some raised an eyebrow and me, but that helped me plan my time accordingly, so I got out in time (unless there was an emergency), and also meant that was the (conscious) time I would spend with my family. No work emails.

- *How about if I have children?* Yes, there is a reality that those moments become harder for a while - but you get what you put into. I used to read 50 pages/ day with my son from the age he was 6. 30 from the age he was younger.

Initially tiring & very draining, but it later would become something he and I would enjoy, that would be incredibly fulfilling for both of us. Hiding in a coffee shop on a Sunday morning, coffee/ hot choc in front of us, sometimes a piece of pie, those became true moments of indulgence! I have seen parents do kids yoga, go on fun runs, get a climbing wall up in their house to teach their kids some good habits & make sure it would become energy filling rather than energy spending

- *Sometimes things also go the other way* - sometimes we push ourselves SO hard, that every other action feels like another chore. In those moments, give yourself time. Allow yourself to 'chill' for the next half an hour and THEN go on a walk. Allow your body to rest, and THEN do something that's good for it. Don't skip it all together, unless you're so burned out, you need a bed more than anything. Or unless you are a sports junkie, who actually needs just that. In those cases, do things like a float (1 hour in salt water & darkness equals the amount of 4 hours of sleep), or book yourself a massage. You do you :)



Want to work with me 1on1?
Book a [discovery call](#) today!

'Choosing YOU is the most selfless thing you'll ever do'

Tatjana Genys