



# PERSONAL ENERGY MANAGEMENT

Be your Best & Give your Best

## BENEFITS

Personal Energy Management enables leaders to be more often at their best on 5 levels: physical, mental, emotional, spiritual and social.

Working environments continually change. To sustain and thrive with these fast-paced dynamics, global professionals need a new set of self-leadership skills.

We usually know what would be better for us: calm down before sending an angry email, take time to strategize, exercise more, etc. Yet, acting is less obvious. How to translate what we know into daily habits?

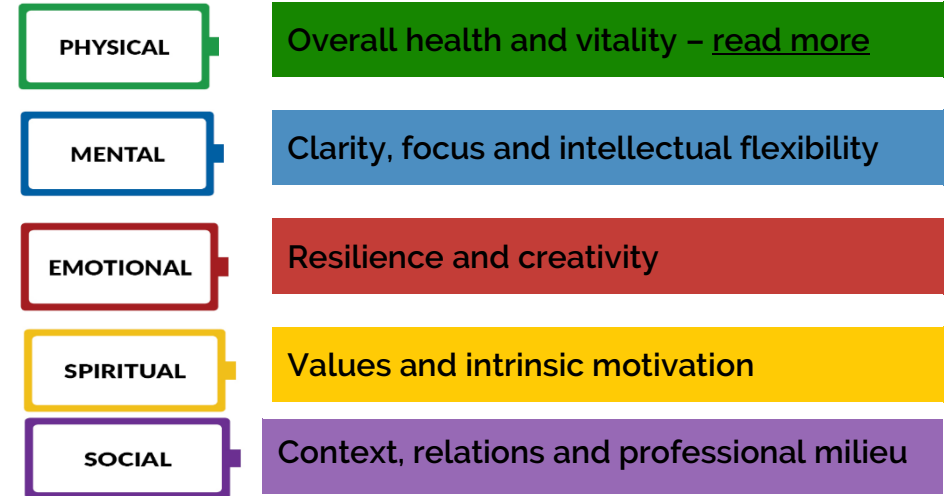
Personal Energy Management helps leaders to increase:

- **PERFORMANCE:** mobilizing their own talents and those of others
- **INFLUENCE:** inspiring others and building lasting alliances
- **RESILIENCE:** adapting and thriving in fast-changing, complex situations
- **QUALITY OF LIFE:** sustaining their health and well-being

## METHOD

My framework is based on 23 years of experience as an executive coach. Our energy is like the battery in our phone: we must recharge it, so it is available when we need it.

There are 5 'batteries' that drive our energy: physical (health and vitality), mental (focus and cognitive flexibility), emotional (self-regulation, resilience and creativity), spiritual (values and motivation) and social (context, relationships and professional environment).



**When we manage our batteries more effectively, we have more energy to improve our Performance, Influence, Resilience and Quality of life.**

[Click here to know more about the customized sessions](#) for groups, teams and individuals.

## MY BACKGROUND

Since the late 1990s, I have been coaching leaders in organizations worldwide.

My work inspired me to write: *Recharge Your Batteries*, which outlines my method on managing personal energy. The book is available in French, English and Italian.

My clients include leading business schools, global companies and UN agencies. My [professional background and my references](#) are available here. I work in English, French, Italian and German.

For more information, click on the hyperlinks, check the [web site](#) or email me: [Francesca Giulia Mereu](mailto:Francesca.Giulia.Mereu).

