Recharge your Batteries

Feeling drained? You're not alone. In today's fast-paced world, it's easy to run on empty. This 90-minute interactive webinar is designed to help you identify what's depleting your energy—and more importantly, how to recharge it.

We'll explore practical strategies across four key domains: physical, emotional, mental, and spiritual. You'll learn how to manage stress, tame your inner critic, and build habits that restore your energy and resilience. Whether you're feeling a little flat or completely burnt out, this session will help you refuel and refocus.

Snapshot

Duration: 90 minutes

Learning Outcomes

- Understand how stress impacts energy and performance
- Identify personal energy drains and sources
- Learn practical strategies to recharge across four energy domains
- Explore techniques to manage the inner critic and difficult emotions
- Practice mindfulness to restore calm and focus

Course Outline

- Understanding Stress & Energy
- Energy Domains & Practical Strategies
- Active vs Passive Recovery
- Taming the Inner Critic & Self-Compassion
- Managing Emotions & Mindfulness