

Energy Leadership vs Time Management

Why It Matters

Organizations strive to maintain their performance amidst evolving conditions, and the speed of change has accelerated. However, it's important to recognize that a leader's time is a limited resource, while energy can be harnessed more freely.

By prioritizing energy leadership rather than merely managing time, leaders can achieve a greater impact, reach their goals more swiftly, and outperform in different areas.

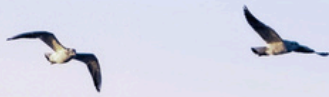
What is Energy Leadership

Energy leadership occurs when leaders recognize the value of their time and focus it on endeavors that generate meaningful outcomes. They make intentional choices about how they allocate their time and are strategic about their capacity. Such leaders avoid committing to projects, tasks, or relationships that do not contribute significantly to achieving their goals.

Time Management	Energy Leadership
Being efficient	Being effective and impactful
Managing resources and capacity	Multiplying energy and impact
Time and schedule focused	Contribution and impact focused
Performance driven	Purpose driven
Time starved	Time expanded
Energy spending	Energy renewing

Ask yourself:

- How can you shift from merely managing your time to practicing energy leadership more frequently?
- What adjustments can you make—whether doing more, less, or differently—to embrace proactive energy leadership?



Energy Leadership Strategies

Embrace Purpose and Awareness

- Reflect on your motivations: "Why am I dedicating time to this space, project, leadership role, or challenge?"
- If it doesn't align with your purpose or energize you, reconsider. Ask yourself, "Who else might be better suited for this task?" and delegate accordingly.

Cultivate Energy Instead of Just Managing Time

- Focus on actions that enhance your energy levels.
- Set aside time in your calendar to reflect: "What am I learning today? What am I looking forward to in my work? What is important today?"

Integrate Fun and Purposeful Movement into Your Routine

- Your body thrives on movement to maintain health and energy.
- During your busiest times, increase your physical activity to help sustain your energy levels.
- Consider how you can weave movement into your hectic day.

Lighten Up and Don't Take Yourself Too Seriously

- Transformative leaders maintain a clear perspective. They are committed to goals, strategy, execution, and serving others, yet they don't overly concern themselves with their image, ego, or role.
- Explore ways to find humor and levity throughout your day.

Manage Stress Effectively

- Recognize that stress prepares your body for action. Channel that energy through healthy habits.
- Take microbreaks throughout your day. Step away from the screen, enjoy the outdoors, engage in physical activity, eat regularly, and ensure adequate sleep. Caring for yourself during stressful periods will help maintain high energy levels.
- Identify one action you can take today to nurture your well-being.
- Reflect on "What can I truly control? What lies beyond my control? What can I release?"

Nurture Your Relationships

- Regularly connect with others, both within your field and beyond, to foster learning, growth, and creativity.
- Who can you reach out to today that may broaden your perspective?

Incorporate More Reflection and Introspection

- Allow for white space, work time, and reflection throughout your day.
- Shift from being a "human doing" to a "human being."
- In a dynamic environment, the inner silence becomes essential. Strive to be that calm center amid the external chaos.