

## Energy Leadership

- A framework for understanding and harnessing personal and organizational energy to enhance performance, engagement, and leadership effectiveness.

## Types of Energy

- **Low Energy:** Tasks, people, or spaces that drain energy, which can reduce motivation and lower quality of decision-making and outcomes.
- **High Energy:** Tasks, people, or spaces that build energy, foster motivation, and build perspective and growth.

## Energy and Your Goals

- Should you **Be Selective**, **Dump**, **Delegate**, or **Do More**?
- Plot out **high and low impact goals** and place them either in the **low and high energy** categories.

