

# ABOUT THE ENERGY PROJECT

**The Energy Project's mission is to help organizations and their leaders build and sustain capacity in the face of extraordinary demand.**

Nothing is more vital to sustained performance than managing energy skillfully, individually and organizationally. We teach leaders how to accomplish more, in less time, at a higher level of engagement, with a better quality of life.

Organizations increasingly face a “silent productivity problem.” Demand is outstripping capacity. Productivity numbers are up, but employees are being asked to do more with less. This relentless pressure exacts a pernicious but often invisible toll. A raft of data suggests that employees feel increasingly overburdened, overwhelmed, disengaged, disaffected and at risk of burnout and breakdown.

Most leadership development focuses on competencies. The Energy Project addresses capacity, the fundamental ingredient necessary to bring any skill, talent or strategy fully to life.

Human beings are complex energy systems. To perform at our best we must cultivate four renewable sources of energy: physical, emotional, mental and spiritual. Great leaders are energized, engaged, optimistic, focused and passionately committed to a mission beyond their immediate self-interest.

The legacy of The Energy Project's work is 25 years studying, working with and writing about elite performers in a variety of fields: FBI Hostage Rescue team members, emergency-room physicians and nurses, special-forces soldiers, world-class athletes and senior corporate executives.

Our programs are grounded in four primary principles:

1. To perform at our best we must draw on multidimensional sources of energy – physical, emotional, mental and spiritual.
2. We experience four different energy states but only one of them – high positive – is optimal for performance.
3. Intermittent recovery and renewal are critical to sustainable performance.
4. To expand our capacity, we must build positive energy rituals – highly specific behaviors that become automatic over time.

Physical fire is reflected in strength, endurance, flexibility, resilience and positive presence. Emotional fire is expressed as confidence, exuberance, realistic optimism and honest self-awareness.

Mental fire requires flexible movement between narrow focus – absorbed attention – and open focus – the capacity to see the big picture.

Spiritual fire manifests as passion, commitment, alignment between our values and our behavior and, above all, a purpose and a mission beyond our own immediate needs.

The Energy Project offers introductory programs ranging from keynotes to half-day and one-day presentations. Our core curriculum consists of six modules, each of which runs for approximately three hours. This curriculum is also available in train-the-trainer format. The modules are ideally delivered over 18 to 24 weeks, with two to three weeks between each module. If necessary, the curriculum can be delivered in shorter, more concentrated formats. See “Products and Services” for more details about our offerings.