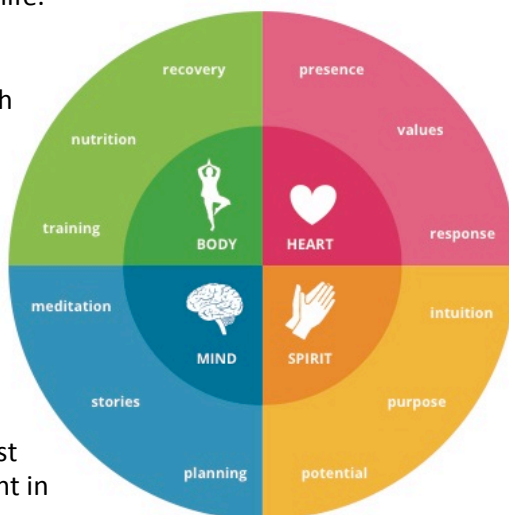


It is a pleasure to invite you for a half day Resilience Training in London on the topic "How to sustain a high level of performance in both corporate and personal life"

The session will be hosted by Founder Ole Hoeyer from Energy Excellence who will share the insight on how you as a leader can increase resilience and capacity in all aspects of your life.

The 12 elements of change will be the fulcrum of the day and through fun, inspirational and impactful exercises, you will be introduced to a variety of tips and ideas that will help you to unleash your potential within Body, Heart, Mind and Spirit.

You will leave the training having Identified 2 concrete changes in your life, that will have the greatest impact on your future development in both your career and personal life.



Resilience Training from 5-8 PM

- Welcome & Introduction
- Body
- Recovery break
- Heart
- Mind
- Spirit
- Decide on 2 new changes
- Closing



Dinner & Networking from 8-9 PM

- A delicious healthy dinner will be served at the venue

Sponsors



Why this initiative

Energy Excellence and the sponsors wish to inspire Executives, Managers and Entrepreneurs In London on how to unleash more of their potential in both corporate and personal life.

Date: 1st October 2013

Time: From 5 PM – 9 PM

Location: The venue will be Announced medio August

Costs: GBP 50 which include ½ day Resilience Training, Healthy snacks and dinner

Food: Healthy snacks, water and tea will be served during the Resilience Training. A delicious healthy dinner will be served From 8-9 PM, where you can also network with like-minded people from other organizations.

Dress-code: Casual as we will do simple physical exercises during the training.

Sign-up: Send e-mail to info@energy-excellence.com with your name, title and company name

About Energy Excellence

Energy Excellence is a global boutique consulting firm who works for global organizations training Executives, Managers, Talents to increase resilience and capacity in all aspects of life.

More than 1,000 Executives, Managers and Talents from Goldman Sachs, UBS, Novartis, Maersk, Deloitte have attended the Resilience Training.