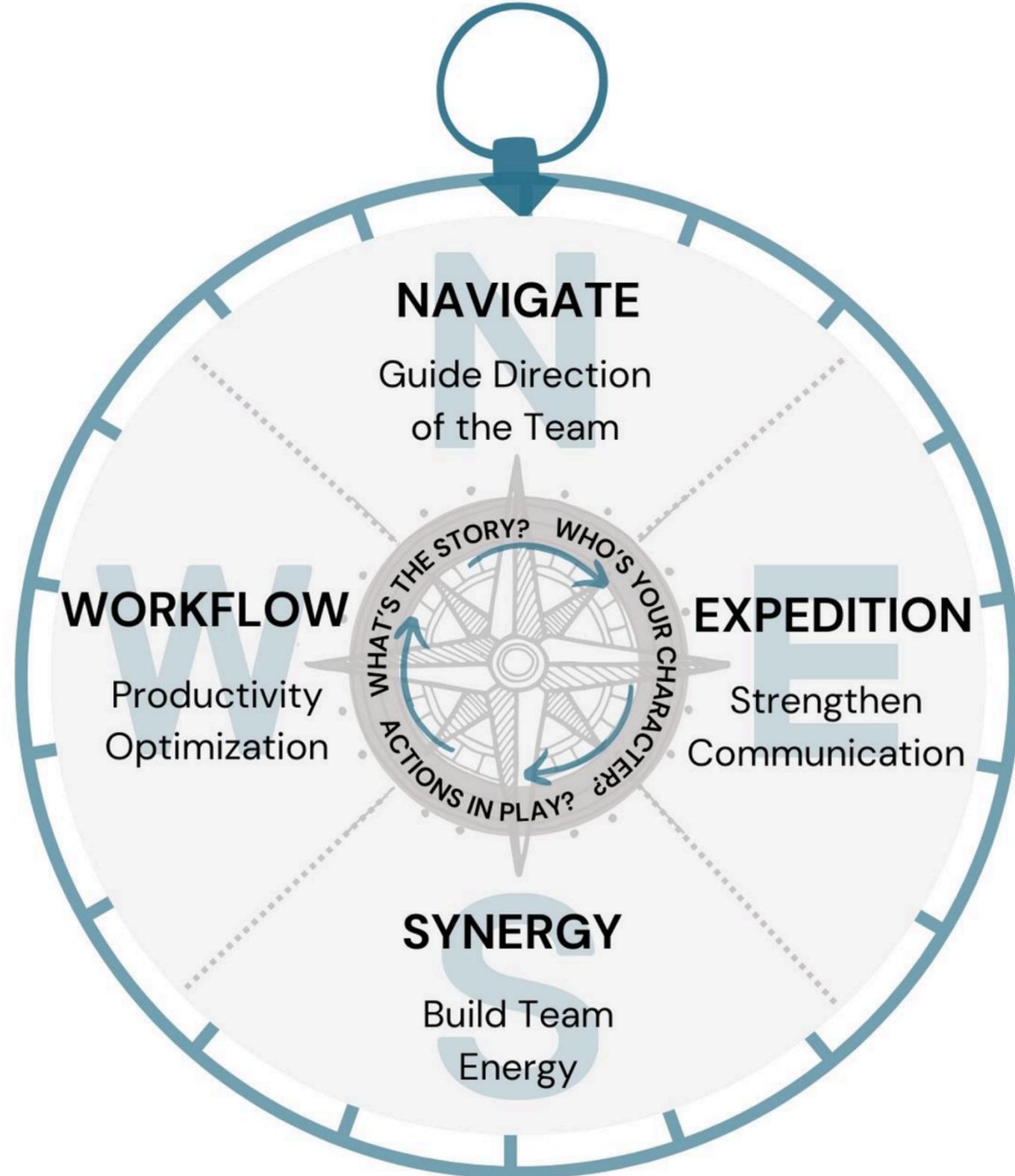




# **Workforce Energy Management**

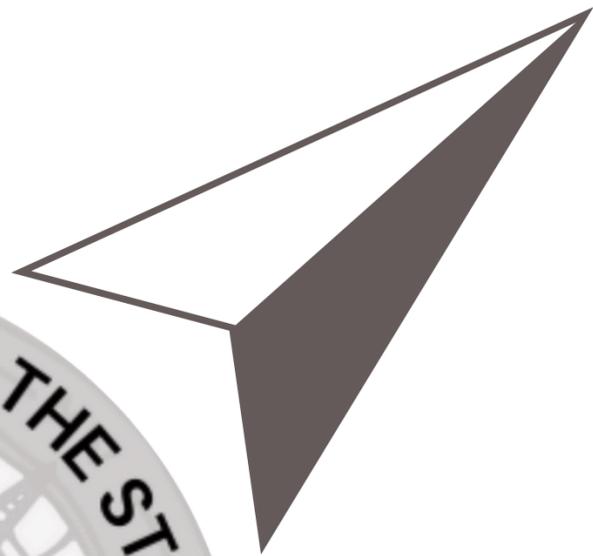
**WCMA  
Women's Leadership**

# WORKFORCE ENERGY MANAGEMENT





# WHAT'S THE STORY?



**I'LL GET YOU**



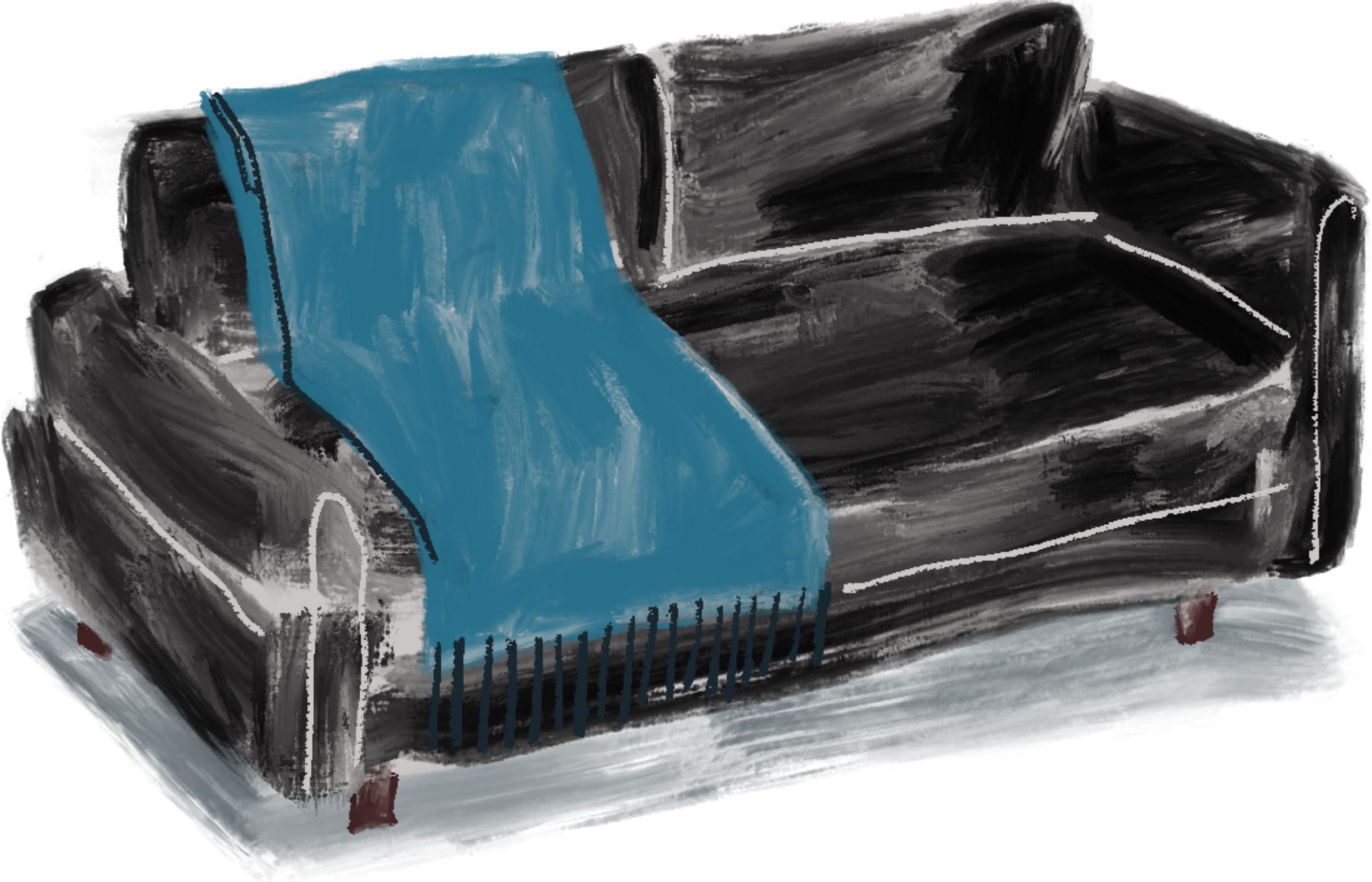
**THEY HAVE  
WHAT'S COMING  
TO THEM**

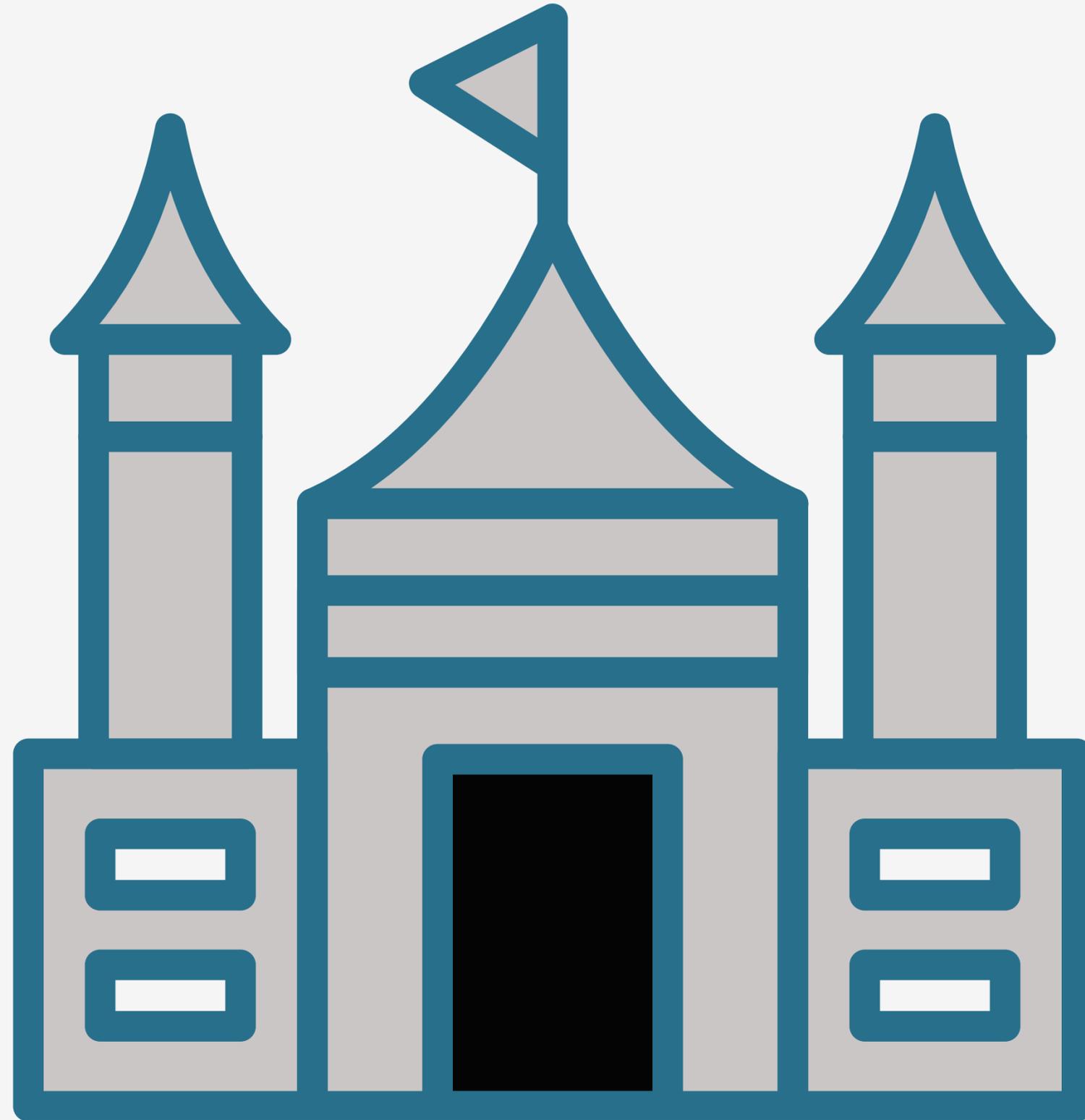


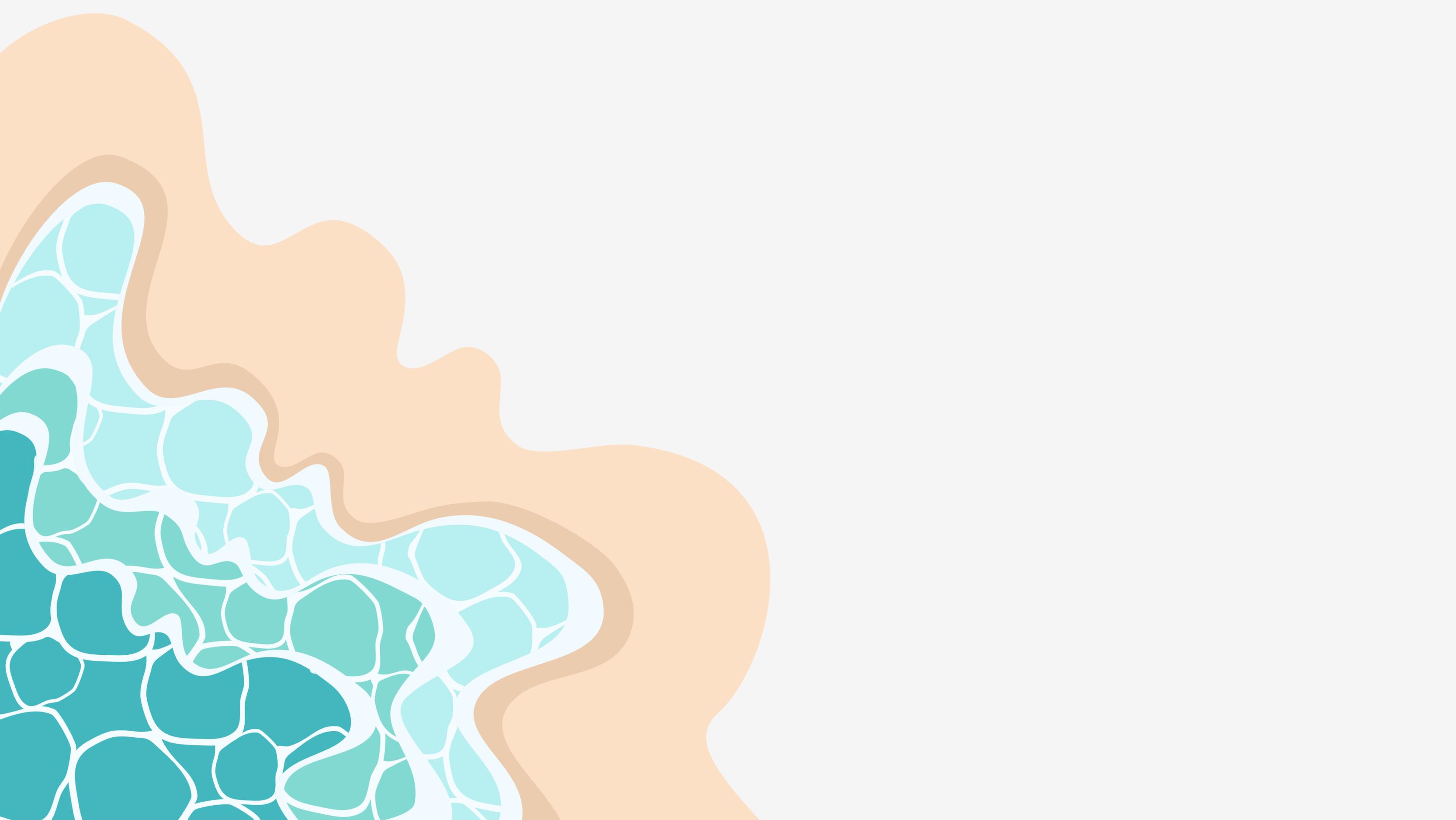
**IT GOES DOWN  
SATURDAY**

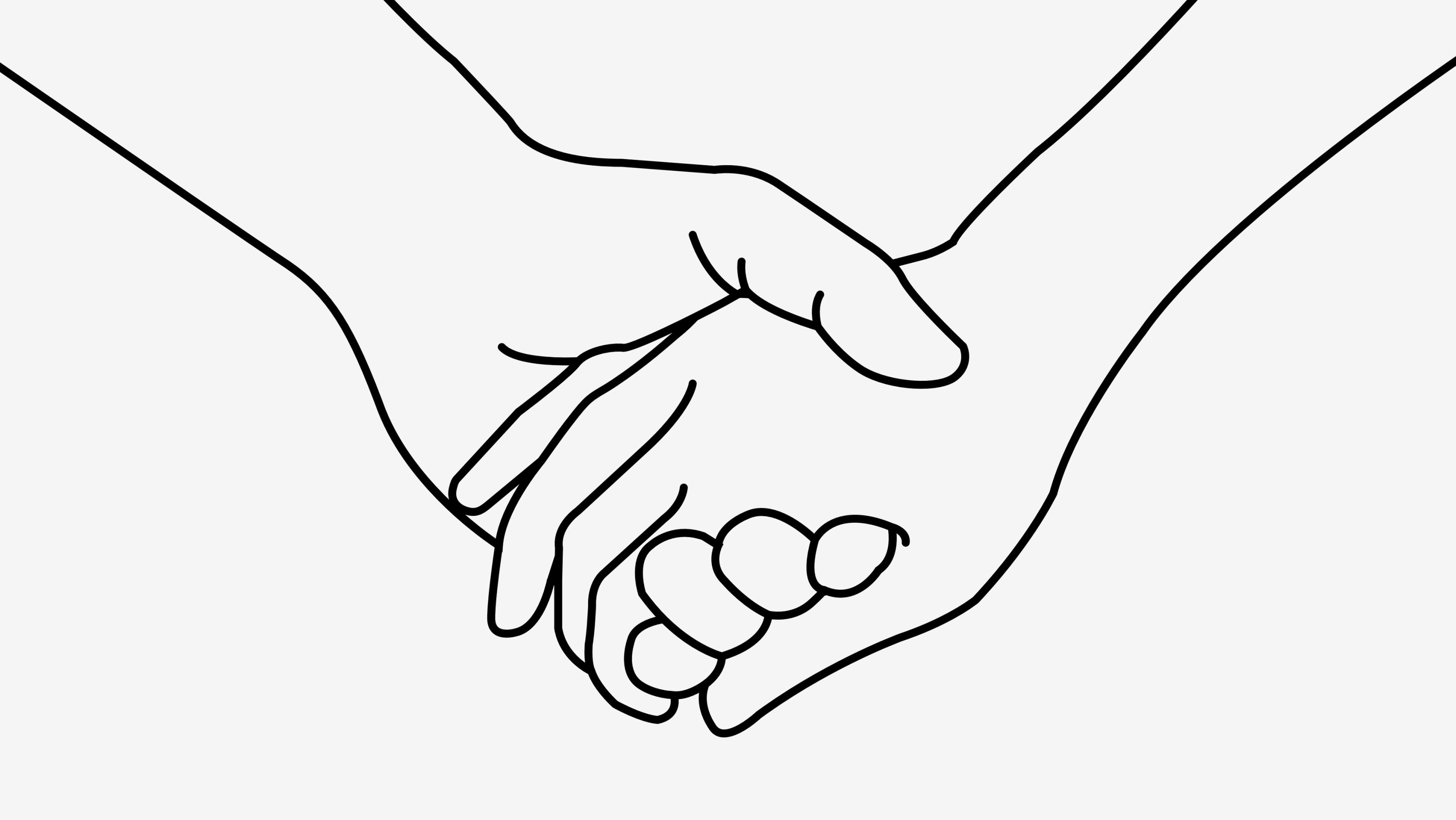


**THE STORY YOU TELL,  
IS THE LIFE YOU LIVE**

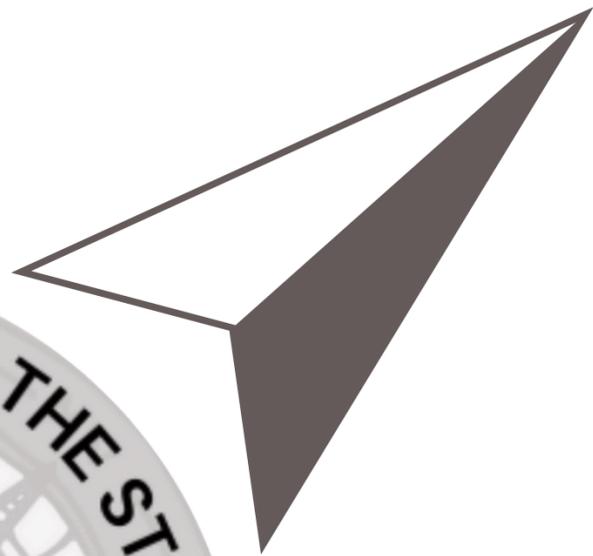




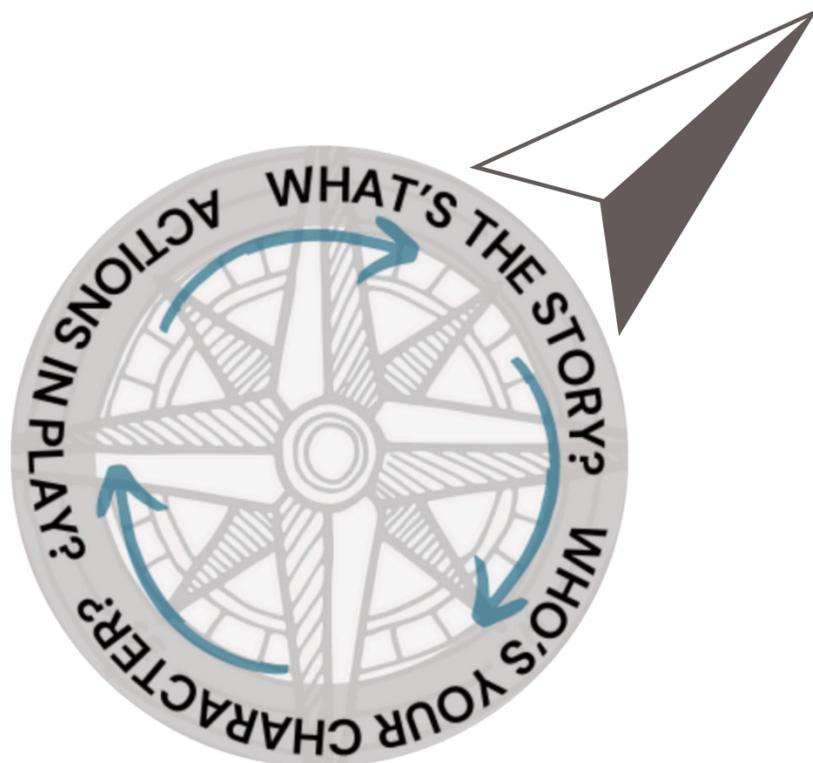


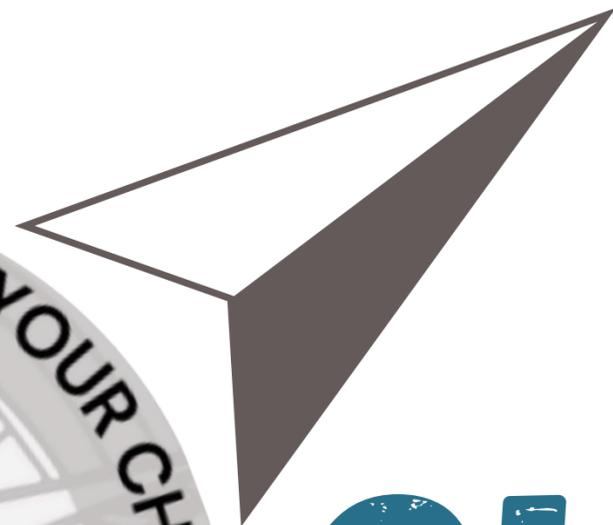


# WHAT'S THE STORY?



**What's one chapter of your story you know needs editing, but you haven't made the change yet?**





**WHO'S  
YOUR  
CHARACTER?**

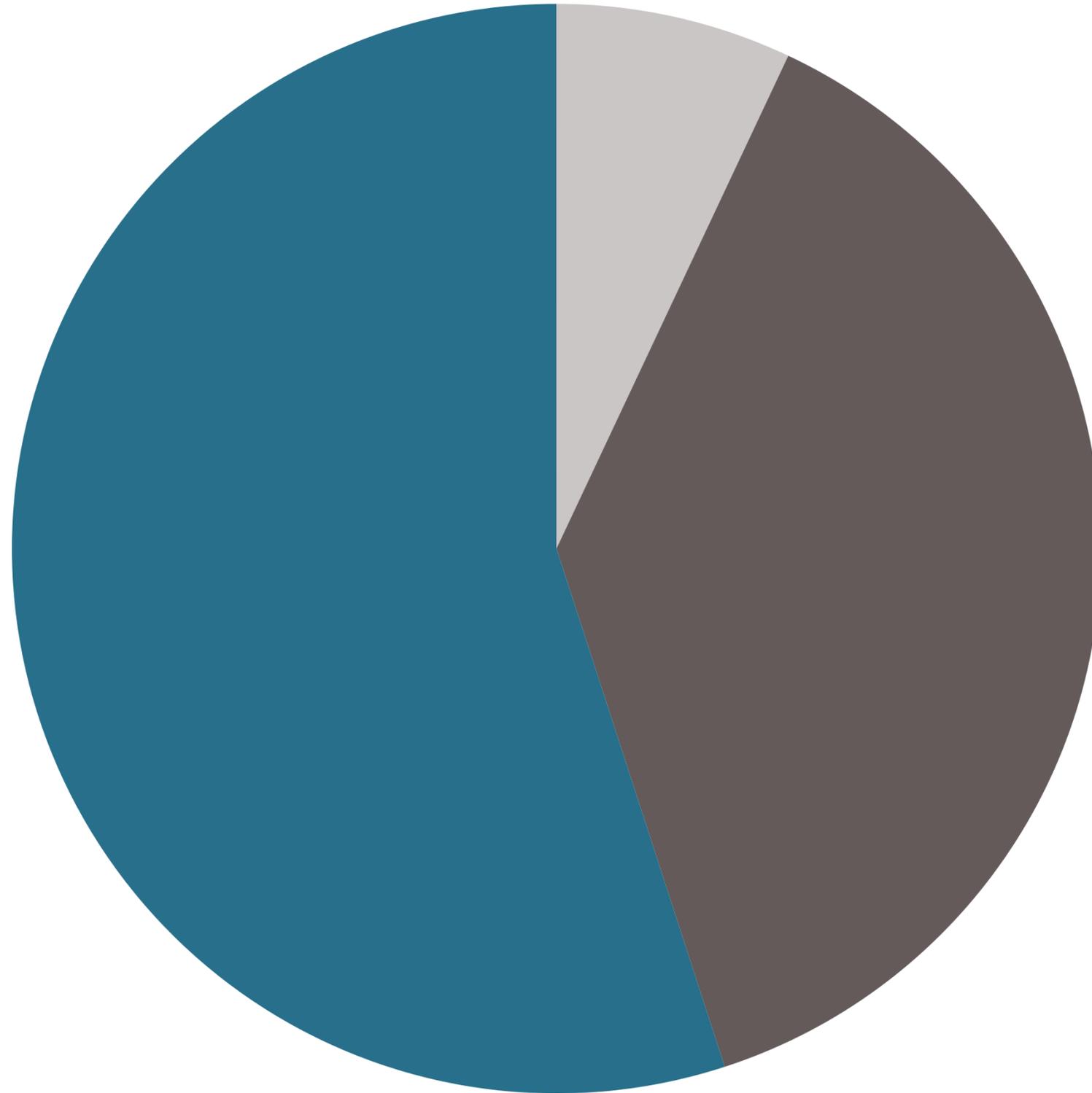
**CHARACTER ISN'T  
GIVEN...  
IT'S CHOSEN**

W	O	
	R	D

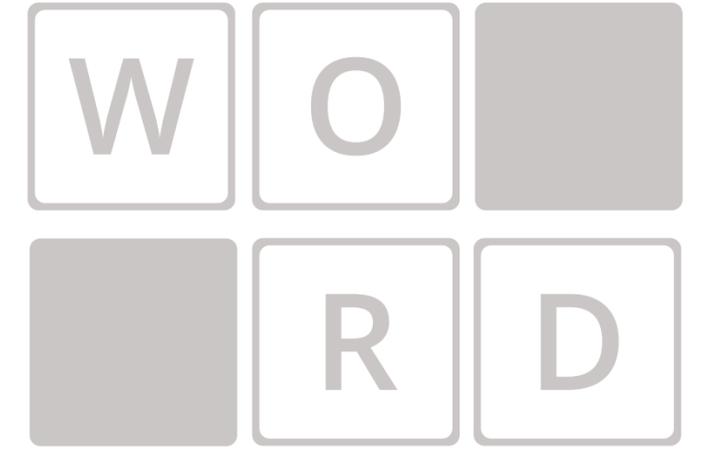




Dance  
55%



Word  
7%



Music  
38%

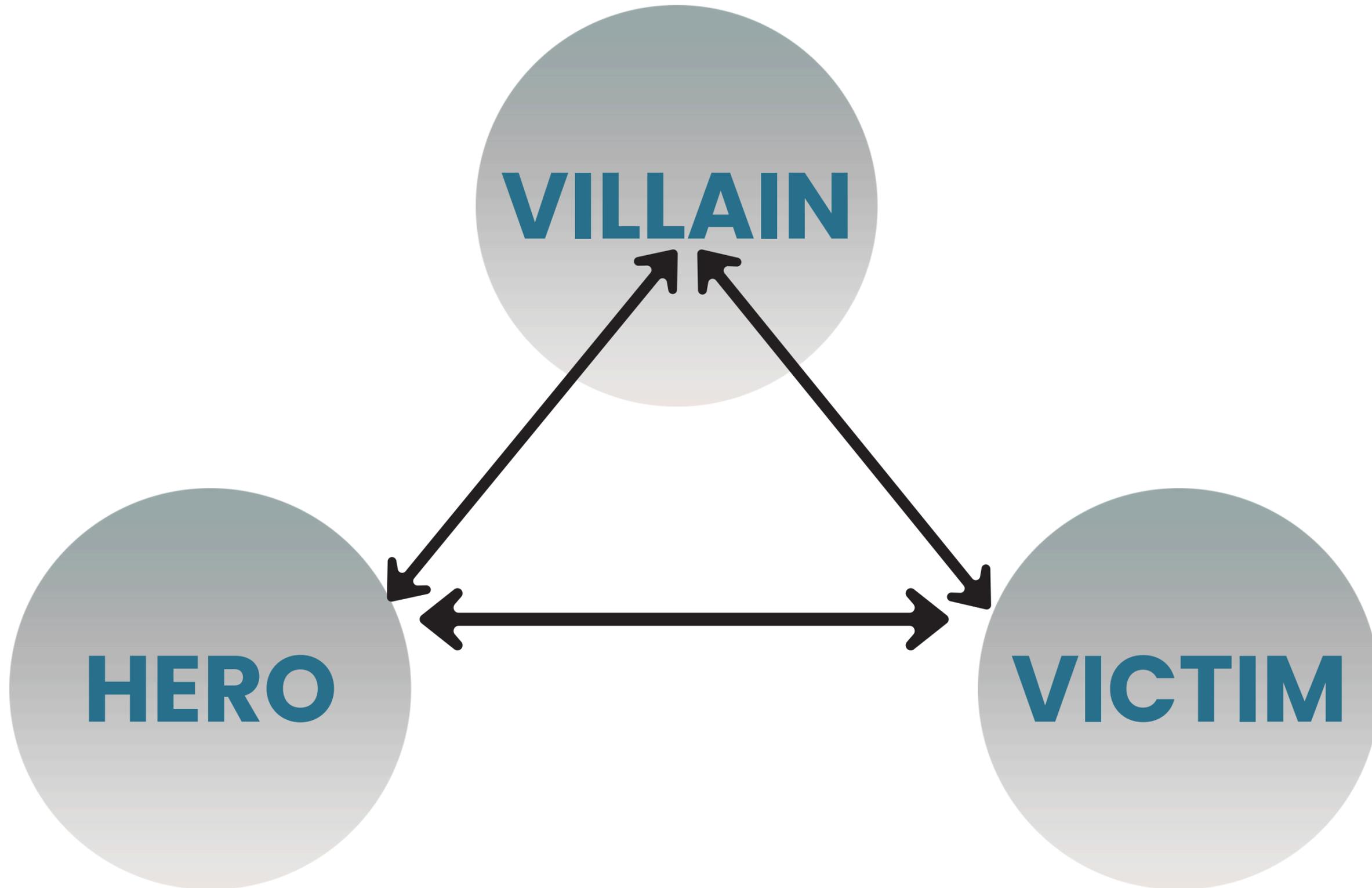




# Karpman's Drama Triangle



# Karpman's Drama Triangle





**VICTIM**



**VICTIM**

**CREATOR**



**VILLAIN**





**HERO**



**HERO**



**COACH**

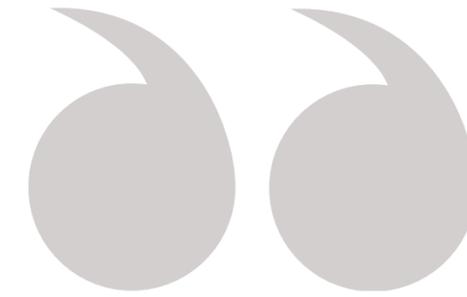
**STEP UP**  
**&**  
**STEP BACK**





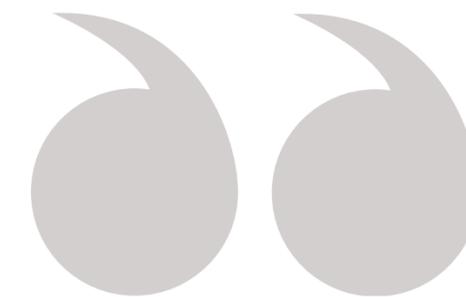


**I WANT TO GIVE THAT THE  
ATTENTION IT DESERVES. CAN  
WE REVISIT IT LATER?**

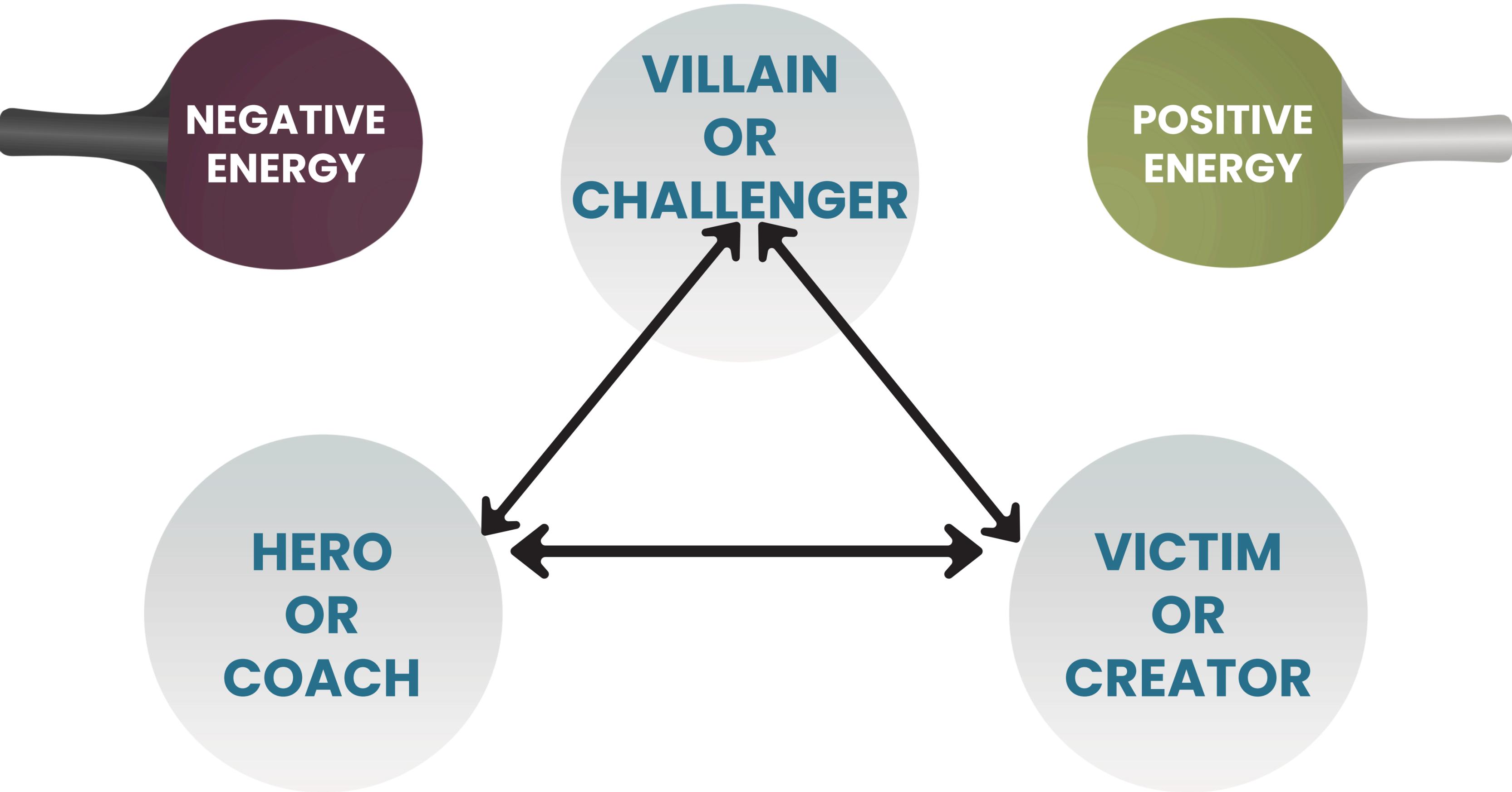


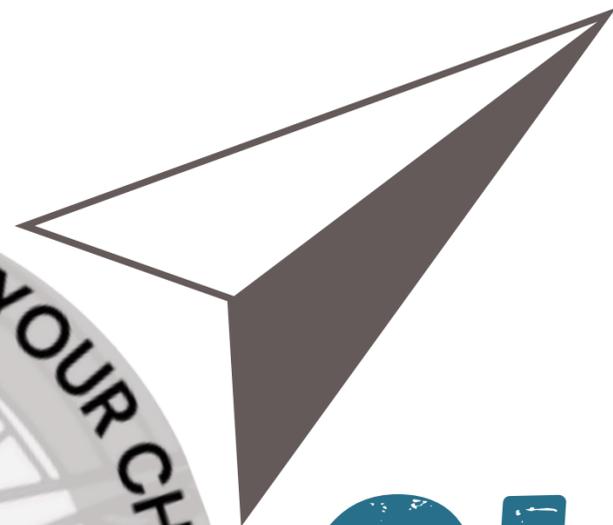
**“ THAT’S NOT SOMETHING I  
CAN SQUEEZE IN, BUT HERE’S  
WHAT I CAN DO.**

**I CAN’T TAKE THAT ON RIGHT  
NOW, BUT LET’S FIND ANOTHER  
WAY TO GET IT HANDLED.**









# WHO'S YOUR CHARACTER?

**When your energy is stretched thin,  
what character do you default to?**

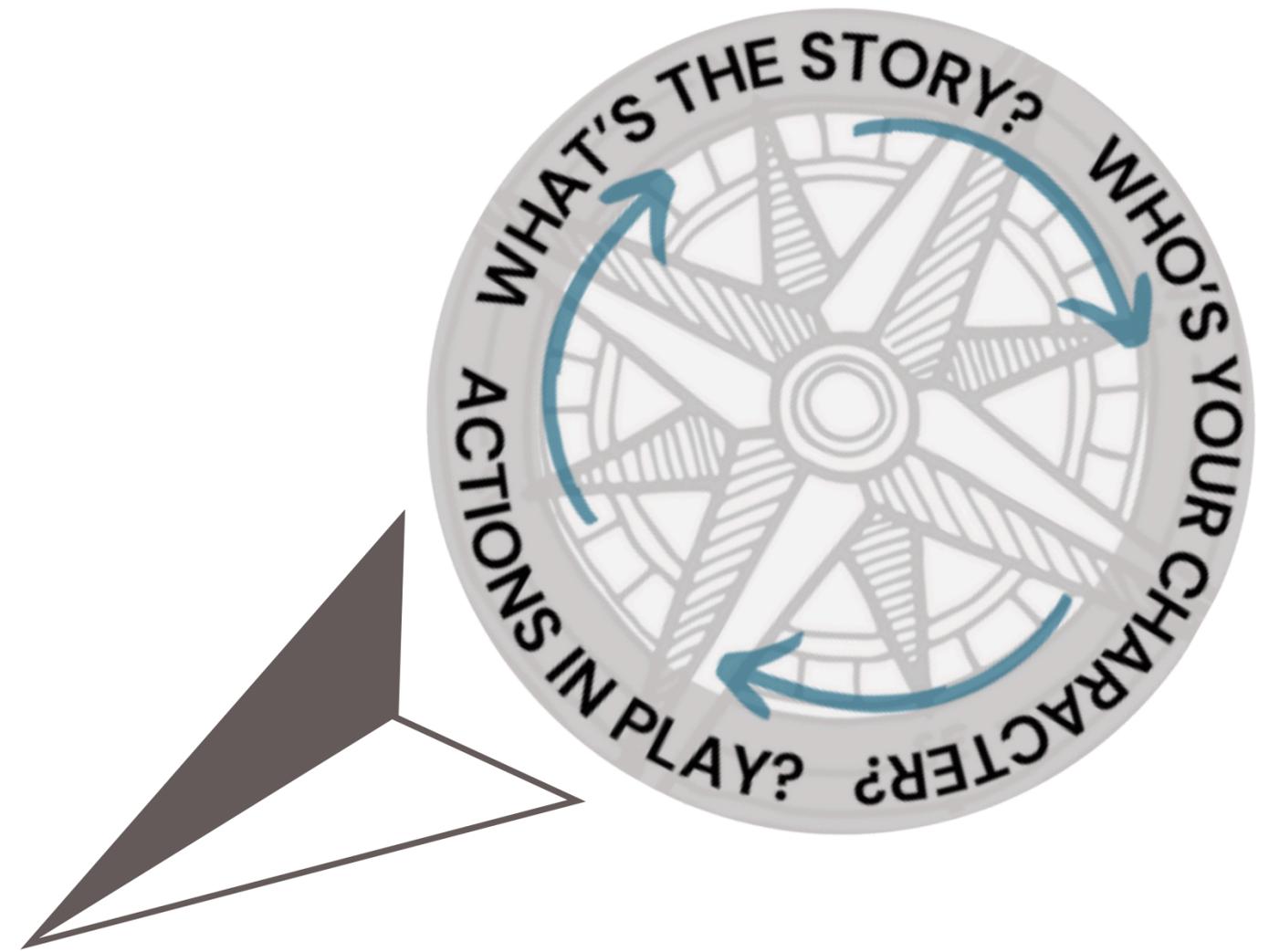


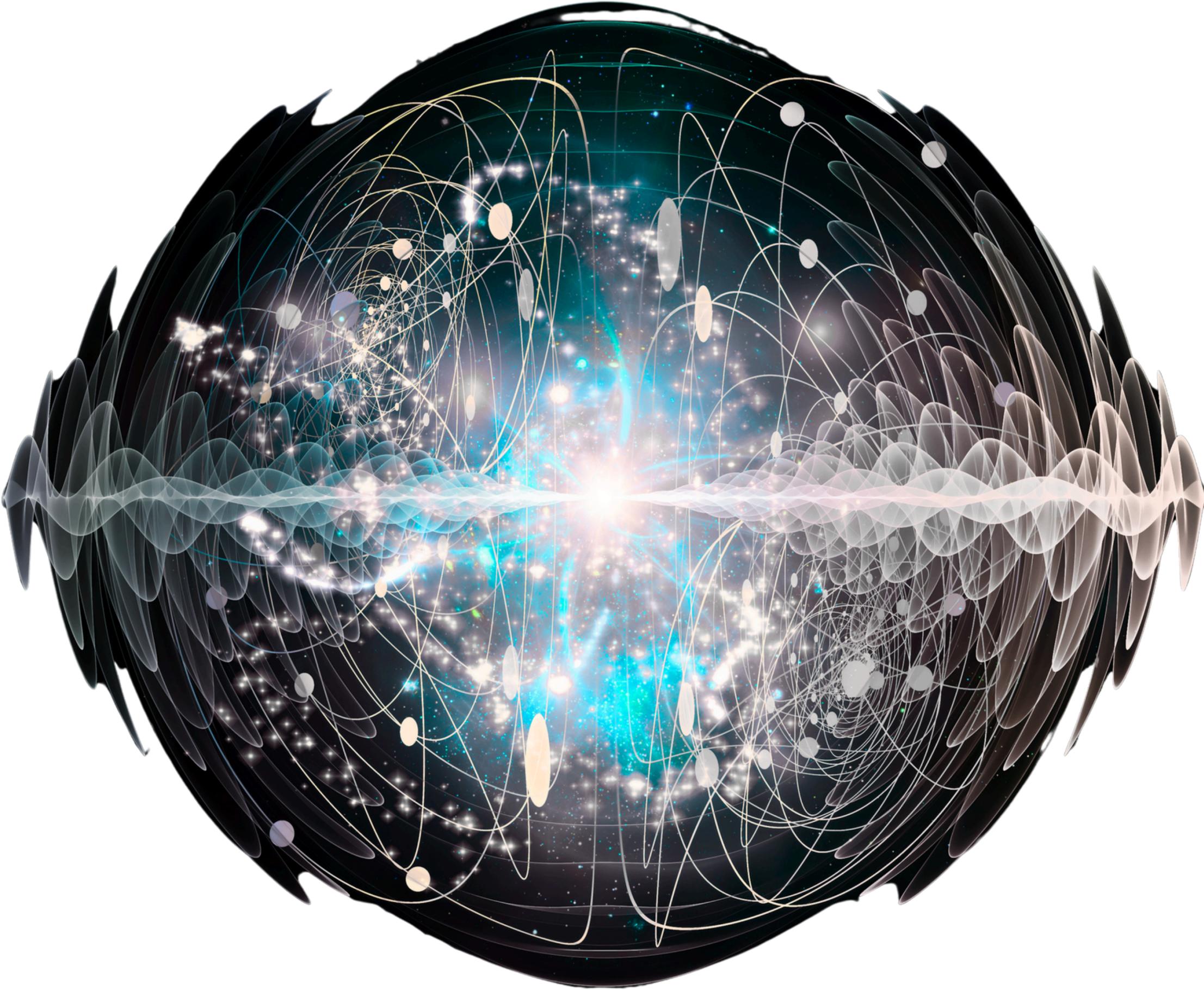




# **CASE OF THE MONDAYS**

# ACTIONS IN PLAY?





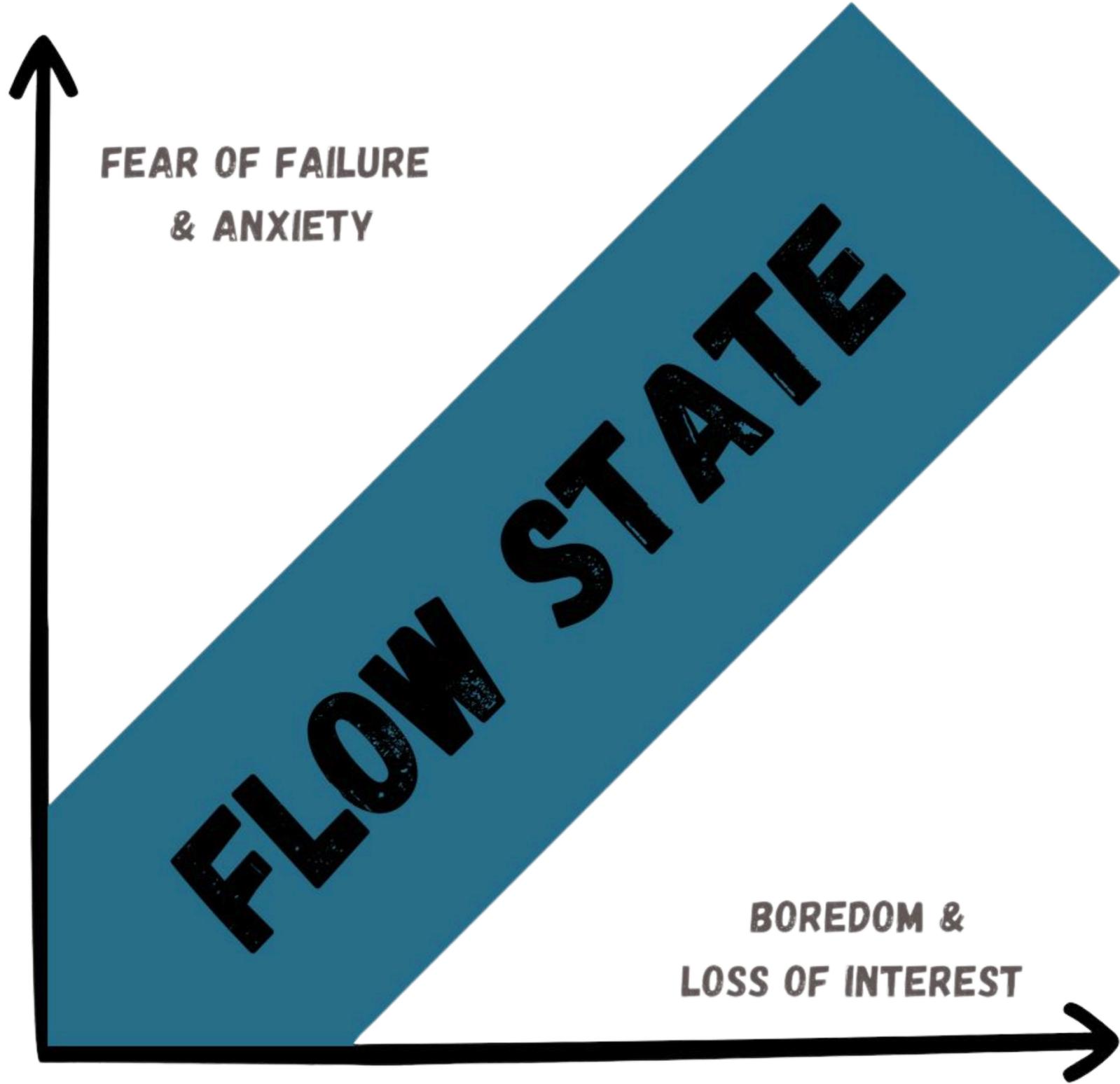
**CHALLENGE**

FEAR OF FAILURE  
& ANXIETY

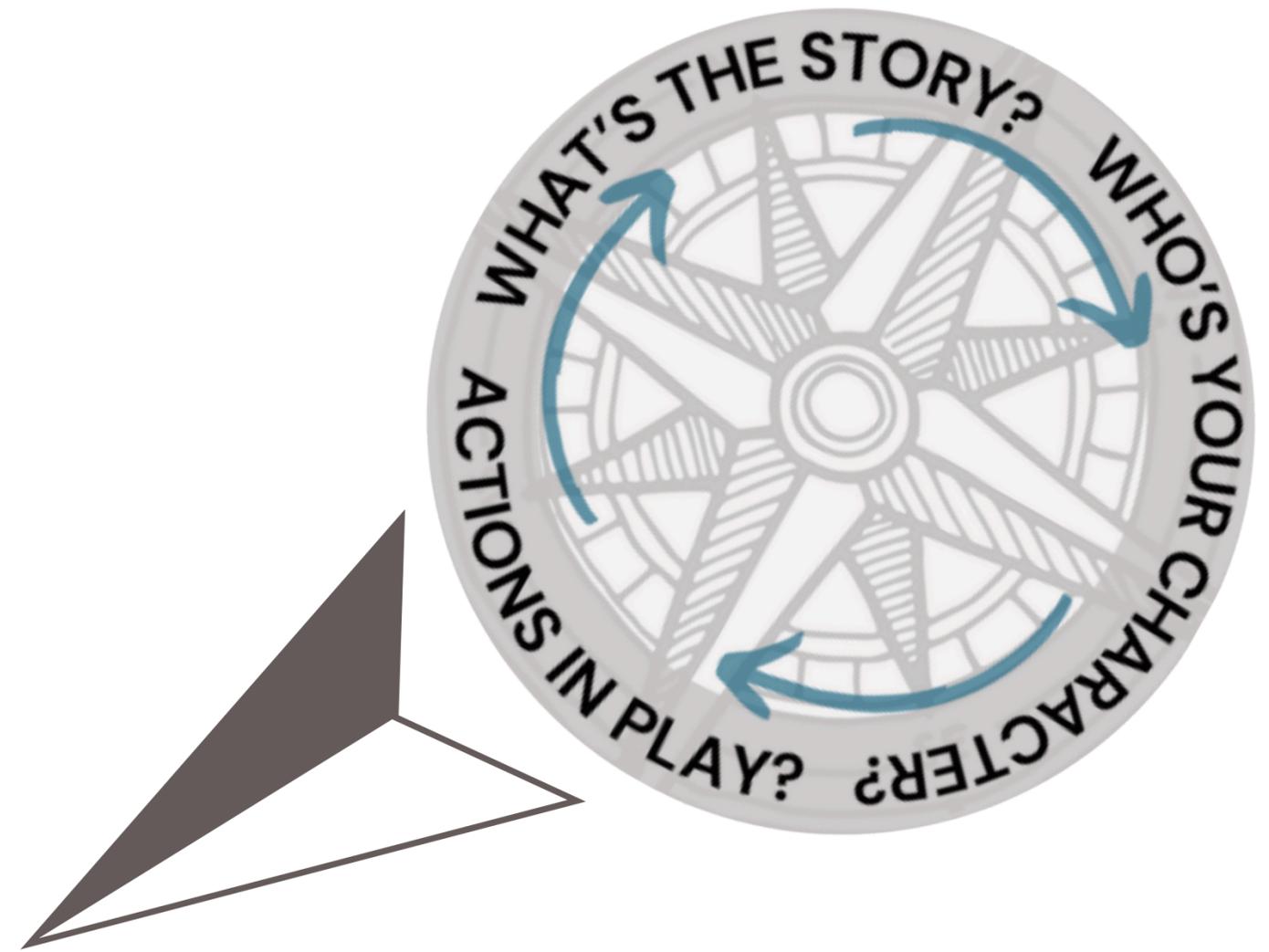
**FLOW STATE**

BOREDOM &  
LOSS OF INTEREST

**SKILLS**



# ACTIONS IN PLAY?

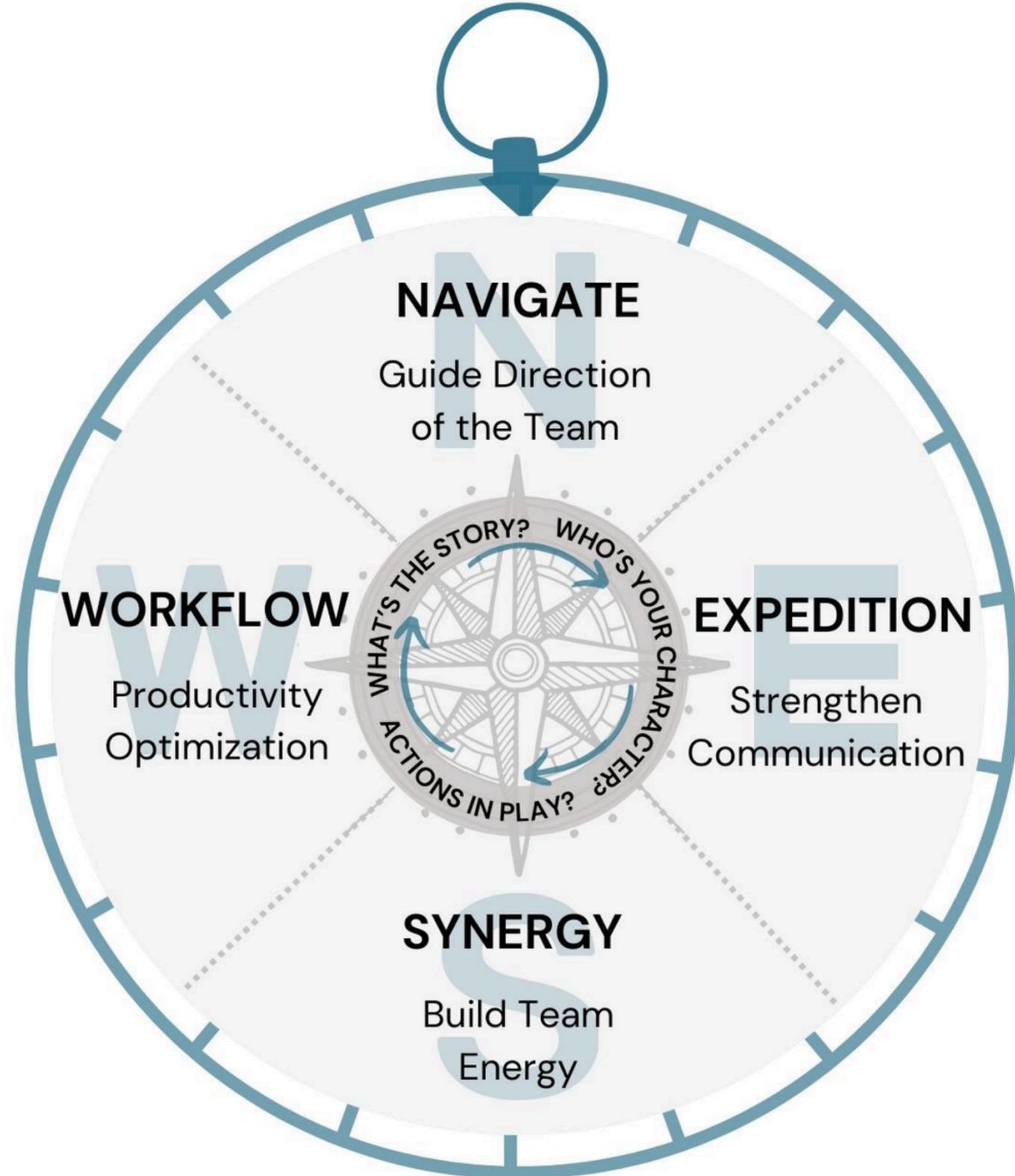


**Where are you leaking  
energy and what  
adjustment would  
patch that leak?**





# WORKFORCE ENERGY MANAGEMENT





# BONUS RESOURCES

