



We have 70K thoughts a day and here is the kicker. Only 5% of those thoughts are new. That means we repeat the same thoughts over and over again.

When we think unproductively that increases stress and shuts down creativity and closes of possibility.

Brining awareness to automatic responses and shift the energy of your thoughts, your words and actions to reduce stress, increase purpose and think more strategically .

Participants will:

Energy is Everything

Quantum Physics tells us that everything is energy and it is also true that energy is everything. The Placebo effect proves that the energy of our thoughts impacts our biology. It is also true that the energy of our thought impacts the perception, mood and meaning of any event. Understand the relationship between our thoughts, feelings and behaviors and how you can reduce stress by shirting your energy of thought.

The Energy of your words shape your experience

Break into pairs to do a fun and powerful exercise to experience the power of our words, our actions and our thoughts that make up our personal energy. Following the exercise discuss HOW we show up for our time and the impact it has on our day to day individual and team experiences.

4 Strategies to Manage the Energy of Your Thoughts

Understand where stress comes from and how to eliminate and reduce it with 4 simple tricks and can be applied immediately.

Closing

The group comes back together for closing remarks and a funny story that talks about personal ownership of implementing what was learned.



Penny Zenker is an international speaker and best-selling author. She is passionate about helping people live more fulfilling lives through reducing stress, improving communication, and creating greater passion and focus. Her experience includes building and selling a multi-million dollar business, managing business turnarounds, living abroad for 16 years, and worked 5 years a Tony Robbins business coach. She will challenge you to think differently and inspire you to be your best. Her easy to understand frameworks make implementation fast and easy.