

# WORKSHOP: GET YOUR ENERGY RIGHT

# UPPING<sup>YOUR</sup>ELVIS

## DURATION

Two days (over three days)

## WHERE

Lyme Regis, Dorset



## WHAT?

A two day retreat based workshop (over three days) to allow individuals the space to step back from the busyness and focus on how they can get their energy right so they can live more extraordinary lives by delivering more through their unique talents, every day. The core of the workshop looks at how your personal energy is the fuel that gets you jumping out of bed every morning excited by the prospect of another day where you can make a difference in business. A human, energetic and soul filling adventure designed to make you more impactful and alive.



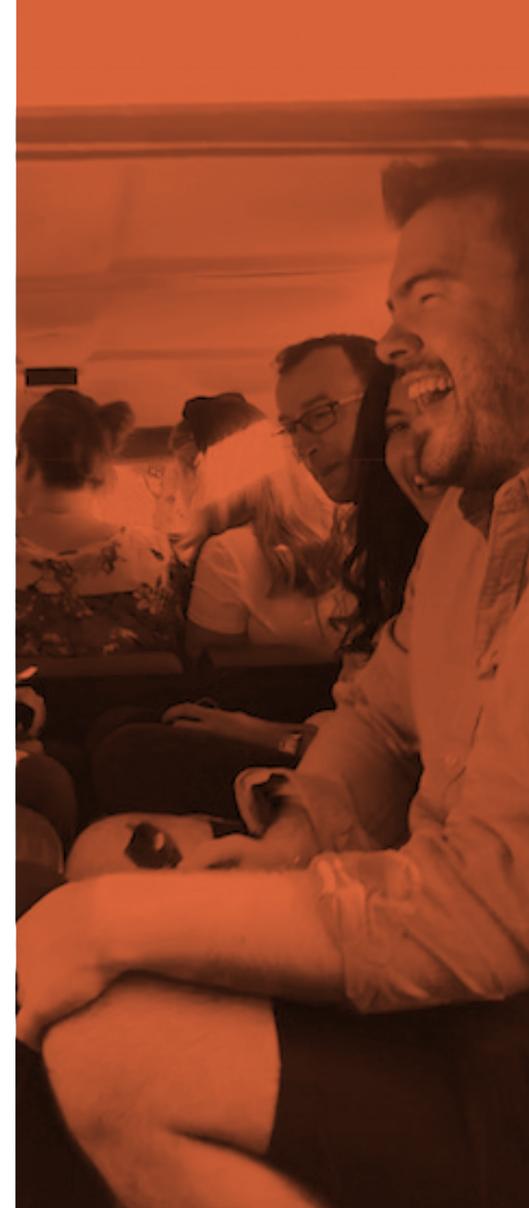
## WHERE?

At the stunning Elvis HQ in Lyme Regis, Dorset. Founder Chris's Georgian mansion home allows people to feel relaxed and able to contribute immediately. There are acres of grounds to enjoy and sea air to breathe. Feeding your mind, body and soul.



## WHAT YOU GET

- How to manage your energy on a daily basis so there are more days where you jump out of bed raring to go.
- How to tap into your passions to get you more excited about the future of your business and your role in it.
- Learn how as humans we're not programmed for the business world, but by getting your energy right you can make every day easier and more fun.
- Build awareness of your own personal energy and how to use it to be a positive deviant in business.
- Learn how to manage your personal energy better and deploy it in a way that creates real impact so that when you go back to your bed at night you know we've had another great day.
- A human and fun filled experience with like minded, supportive folk.
- Delicious and nutritious food, fresh air and a celebratory party night.



## CONTACT US

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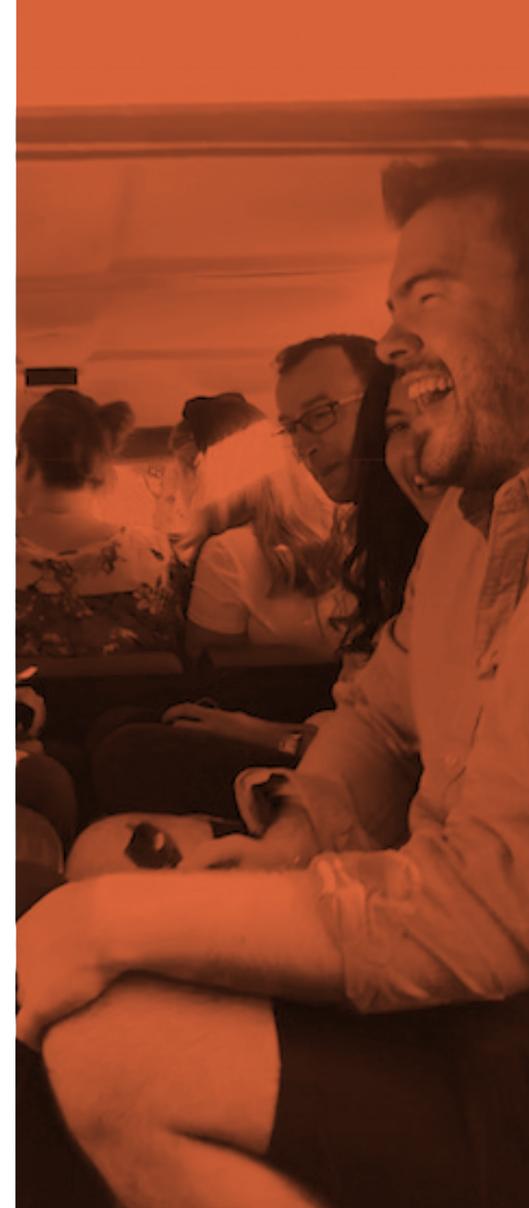
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## RESULT

- An energetic reboot where you feel super excited to get back and make a difference
- A deep understanding of how to manage your own personal energy to become more dangerous, more happy and more successful
- The skills to embed your learnings within the business to create an immediate and lasting change



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