



# Energy Management: Unlocking Your Productivity Potential

by Christian Prestia

## Course details

- 🕒 One-Week course
- 💶 Starting from 480€\* (cultural activities included)
- 📄 Certificate of attendance included (80% of attendance required)
- 📍 Available in Florence

\* a 60 € late registration fee will be applied if you register less than 8 weeks before the course start date. All prices are VAT included or not due.

## Course description

Traditional **time management** is no longer enough to keep up with the growing demands of modern education.

This course is designed to allow participants to **rethink productivity** not by squeezing more into the day but by harnessing the natural rhythms of energy and focus to achieve not only more efficiency but also greater satisfaction, health, and happiness.

By exploring cutting-edge neuroscience, **body-mind hacks**, and practical strategies, participants will learn how to optimize their physical, emotional, and mental energy to **unlock their full potential**.

Participants will be engaged in **interactive workshops**, insightful lectures, and hands-on activities to identify energy-draining habits, cultivate resilience, and create actionable plans tailored to their unique needs.

Highlights include:



- Strategies for maintaining **physical health** and combating fatigue;
- Tools for emotional well-being and stress management;
- Techniques to boost focus and mental clarity;
- Practices for aligning personal purpose with professional goals.

The main object of this course is the **concept of flow**: the mental state of complete immersion and effortless performance.

Participants will discover how to cultivate it, leveraging mindfulness practices and ultradian rhythms to stay energized and focused throughout the day.

Participants will explore practical tools like eating strategies, techniques to enhance sleep, movement exercises, simple elements of chair yoga, meditation, and **energy-aligned task planning**.

By the end of the course, participants will leave with a **personalized energy management toolkit**, ready to bring renewed vitality, creativity, and balance into their teaching practices and beyond.

## Learning outcomes

This course will help participants to:

- Identify the limitations of traditional time management and embrace energy-focused strategies for personal and professional growth;
- Analyze and map personal energy highs and lows across physical, emotional, mental, and spiritual dimensions;
- Apply techniques to improve nutrition, sleep, and physical activity, ensuring sustained energy;
- Manage emotional stressors effectively using mindfulness, reframing techniques, and positive communication practices;
- Implement tools such as task batching, reducing cognitive overload, and avoiding multitasking to maintain peak mental performance;
- Create a personal mission statement that harmonizes individual values with teaching goals;



- Develop collaborative energy management strategies to enhance team cohesion and a supportive school environment;
- Apply energy management techniques to foster enthusiasm and motivation in the classroom;
- Develop a holistic, long-term sustainable strategy for maintaining balanced energy in daily life.

## Tentative schedule

### Day 1 - Understanding the foundation

---

#### Course introduction

- Introduction to the course, the school, and the external week activities;
- Icebreaker activities to know each other and ensemble building.

#### Time vs Energy: the paradigm shift

- The limits of time management;
- Introduction to energy management;
- First techniques of energy management.

### Day 2 - Physical energy management

---

- Physical energy: the core of productivity;
- Nutrition for sustained energy;
- Movement and rest cycles;
- Personal action plan for physical energy.

### Day 3 - Emotional and mental energy

---

- Cultivating resilience and focus;
- Identify drivers and blockers;
- Mindfulness and emotional reframing;





- Task batching and avoiding multitasking.

## **Day 4 - The drive from meaning**

---

- Discovering purpose in teaching;
- Building team dynamics;
- Aligning individual and group energy.

## **Day 5 - Integration and sustainability**

---

- From knowledge to habit;
- Integrating the four energy zones;
- Overcoming barriers and implementation;
- Habit formation for sustainable energy.

## **Day 6 - Course closure and cultural activities**

---

- Course evaluation: round-up of acquired competencies, feedback, and discussion;
- Awarding of the course Certificate of Attendance;
- Excursion and other external cultural activities.

## **About the provider**

With more than 400 courses available all over Europe and more than 25,000 participants per year, Europass is the largest network of high-quality providers of teacher training courses.

In every Europass Academy, trainers of diverse experiences and backgrounds are ready to foster human and professional connections among educators, all while delivering high-quality, innovative courses.

Furthermore, thanks to the hands-on, collaborative nature of the Europass courses, plenty of opportunities to start new projects and lifelong friendships are given.

**Explore other Europass courses, visit [www.teacheracademy.eu](http://www.teacheracademy.eu).**