



Consulting and Training | Reach New Heights

Course Name

Personal Energy Management

Sector Name

Interpersonal Skills and Self Development

Document Type

Generated by Boostlab

[Click Here To Visit Course](#)

ABU DHABI: +971 2 449 6000

ABU DHABI: +971 50 412 3294

DUBAI: +971 4 888 6787

KSA: +966 56 416 0617

EGYPT: +20 127 111 1770



Personal Energy Management

Course Introduction

High performance is no longer determined by how many hours professionals work, but by how effectively they manage their physical, mental, emotional, and cognitive energy throughout the working day. In today's demanding workplace, professionals face continuous interruptions, information overload, rapid decision-making, and increasing expectations, making energy management a far more sustainable approach than traditional time management. Organizations are increasingly recognizing that maintaining healthy energy levels improves productivity, creativity, resilience, engagement, and long-term professional effectiveness.

Developed by **BOOST Consulting & Training**, the **Personal Energy Management** program equips professionals with practical strategies to optimize their energy, sustain peak performance, strengthen focus, improve recovery, and create healthy work habits that support continuous productivity. Rather than concentrating on managing schedules, the program explores how professionals can intentionally manage their personal energy systems to maximize effectiveness while preventing fatigue and maintaining long-term wellbeing.



ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To Visit Course](#)

BOOST

Personal Energy Management

Target Audience

- ✓ Professionals across all functions
- ✓ Team Leaders
- ✓ Supervisors
- ✓ High-Performance Employees

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To Visit Course](#)



Personal Energy Management

Learning Objectives

- ✓ Understand the relationship between energy and workplace performance.
- ✓ Identify personal energy patterns throughout the workday.
- ✓ Improve focus and cognitive performance.
- ✓ Build sustainable work and recovery habits.
- ✓ Reduce energy depletion and workplace fatigue.
- ✓ Strengthening resilience through effective energy management.
- ✓ Develop a personal energy optimization plan.

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To Visit Course](#)



Personal Energy Management

Course Outline

✓ Day 01

Foundations of Energy Management

Understanding Workplace Energy

- ✓ The science of personal energy.
- ✓ Energy versus time in workplace performance.
- ✓ The four dimensions of professional energy.

Assessing Personal Energy

- ✓ Identifying personal energy cycles.
- ✓ Recognizing energy drains.
- ✓ Measuring current performance patterns.

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To visit Course](#)



Personal Energy Management

Course Outline

✓ Day 02

Designing Sustainable Energy Systems

Building High-Energy Work Habits

- ✓ Structuring productive work routines.
- ✓ Matching tasks with energy levels.
- ✓ Creating sustainable performance rhythms.

Managing Focus & Attention

- ✓ Eliminating cognitive distractions.
- ✓ Improving concentration quality.
- ✓ Strengthening mental endurance.

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To vist Course](#)



Personal Energy Management

Course Outline

✓ Day 03

Applying Energy Management

Performing at Peak Energy

- ✓ Managing demanding workloads.
- ✓ Maintaining performance under pressure.
- ✓ Recovering quickly after intensive work.

Energy in Professional Relationships

- ✓ Managing emotional energy.
- ✓ Maintaining positive workplace interactions.
- ✓ Supporting team energy and collaboration.

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To vist Course](#)



Personal Energy Management

Course Outline

✓ Day 04

Measuring Performance & Continuous Optimization

Evaluating Energy Effectiveness

- ✓ Monitoring productivity patterns.
- ✓ Measuring focus and engagement.
- ✓ Assessing sustainable performance.

Continuous Energy Improvement

- ✓ Adjusting daily work habits.
- ✓ Strengthening healthy performance routines.
- ✓ Building continuous improvement practices.

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To vist Course](#)



Personal Energy Management

Course Outline

✓ Day 05

Sustainable High Performance

Future Energy Management

- ✓ Preparing for evolving workplace demands.
- ✓ Maintaining long-term professional vitality.
- ✓ Building lifelong performance habits.

Creating Your Energy Excellence Roadmap

- ✓ Defining long-term energy goals.
- ✓ Building a sustainable performance strategy.
- ✓ Developing a future-ready personal energy framework.

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To vist Course](#)



Personal Energy Management

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Dec. 7, 2026	Dec. 11, 2026	5 days	4250.00 \$	UAE , Abu Dhabi

ABU DHABI: +971 2 449 6000
ABU DHABI: +971 50 412 3294
DUBAI: +971 4 888 6787
KSA: +966 56 416 0617
EGYPT: +20 127 111 1770

[Click Here To vist Course](#)

info@boostuae.com info@boostorg.com

Generated by BoostLab •

