



REIMAGINE ENERGY:

It's Your Key to Thriving in Work and Life



These days, whether at work or in our personal lives, we need all the energy we can get—more than just what it takes to get through each day. The kind of energy that drives our love of living life to the full. Especially in the second half of our life, when we want to make good use of our valuable accumulated life experience, insight and wisdom.

You never want to retire (from life) or be seen to go down some slippery slope into a useless existence. You're ready to show the world you still have plenty of untapped talent and potential to offer, to help causes that need your type of expertise.

PETER NICHOLLS LIFE ENJOYMENT MENTOR

MY BACKGROUND

Nearly half a century of working professionally in the area of enjoyment and recreation, I learned that enjoyment, energy (the energizing effect of enjoyable experiences) and purpose are all closely inter-related.

I've spent many years exploring the interaction of life and work from the life side. Too often I've watched people escape from the stresses of work by filling their weekends with activities they love. Yet when Monday comes, they leave 90% of their natural abilities at the office door. This leads to lack of engagement and a feeling of purposelessness.



THE CURRENT STATE OF WORK-LIFE BALANCE

The separation of work and personal life has gone. Instead of focusing on time managed work-life balance its now better to give priority to energy management – activities that mentally energize our lives – be they at work or in personal life.

We've seen work-life balance as a matter of time management. But how realistic is that? Time is a fixed resource. We cannot deficit budget time, but we can replenish our mental energy.

MENTAL ENERGY: THE NEW CURRENCY

Mental energy is the new currency of productivity. It's what fuels us to tackle challenges and find purpose. Enjoyable activities help us recharge, positively influencing subsequent tasks.

THE FLOW EFFECT

Flow is that state of being fully immersed in an activity. It's when we feel most productive and content. Think about the last time you lost track of time doing something you love – that's flow.

INTEGRATING WORK AND LIFE

No-one but the individual can manage their mental energy. Enjoyable experiences re-create (re-energize) the mental energy for everything we do at work and in life. Just as burnout depletes everything we value in our lives.

This approach to work life energy works best if the business has an identified purpose that drives its mission, vision and goals. A purpose clearly evident to and practiced by staff in the way things are done daily.

The sense of shared commitment and collaboration keeps energy levels high and burnout risks low. It also facilitates a team sense of mental problems shared are problems halved.



PRACTICAL STEPS FOR BUSINESSES

By recognizing wellbeing as a holistic work/life issue, businesses can foster a culture whereby workers thrive both personally and professionally.

Protecting staff wellbeing isn't just a nicety... it's a necessity. Businesses play a crucial role in supporting mental energy. This isn't about invading personal lives but recognizing the interconnectedness of work and personal fulfillment. A workforce that's mentally energized is more engaged, purposeful and productive.

It's time to reimagine how we manage the blur between work and personal life by fostering environments in which energy is seen to flow freely through all areas of our work and personal lives.

TO RECAP & LEARN MORE

- 01 The separation of work and life is now virtually non-existent.
- 02 Time management of any remaining such distinction is unrealistic.
- 03 Whole of life energy management is the way to sustain wellbeing through regularly enjoying energizing interests at work and in personal life.
- 04 It makes good sense for businesses who are not only interested in staff wellbeing but can see the potential huge benefits in improved staff engagement, purpose-driven productivity and a content workforce.

LEARN MORE:

Energy Management

Grab your free copy of:

- "Trees don't stop growing at 65, nor do you"
- "Tips for helping your transition to life after work"

Or, go deeper and get your copy from Amazon of either of my two books:

- "The Hunger to Grow – How to enjoy the dessert years of your life"
- "Free To Be Me – Why a Life Ethic is Replacing the Work Ethic"


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