



Executive Brief

Regenerate: Renewing Your Energy For Optimal Performance

Presented by Andrew Deutscher, President and Founder, Regenerate

Abstract

It's time to account for the full toll that modern work is exacting on our ability to keep up with and stay ahead of the pace of change. With our boundaries broken down by a more interconnected world, time has proven to be an insufficient resource in this era. It is energy, not time, that is our most precious and undervalued resource to solve this extraordinary challenge.

Key Take-Aways:

- A practical and fresh perspective on the role of personal energy as a resource in your life to increase your capacity
- Critical insights on the choices you are making right now that impact your capacity
- A proven technique to improve your day to day energy

Andrew Deutscher discussed a resource that is in high demand during these challenging times: energy. He encouraged members to truly reflect on how much energy they are spending navigating their personal and professional lives. (Hint: usually a lot). Then he asked how much time members spent making sure they had enough of the right kind of energy to meet their daily challenges...and theorized that the answer was not enough. Andrew shared that, earlier in his career he had an epiphany that he was living his life in a very reactive way. He was rushing, stressed, not sleeping well and had the sense that life was getting away from him.



Fortuitously, he ended up working for the Energy Project, a training and consulting organization focused on the human factors that fuel sustainable high performance. ¹ There, he learned about how energy concepts worked for start-ups, and was ultimately able to apply many of the concepts to his own life, which helped him learn how to be more fully present and even to “regenerate.”

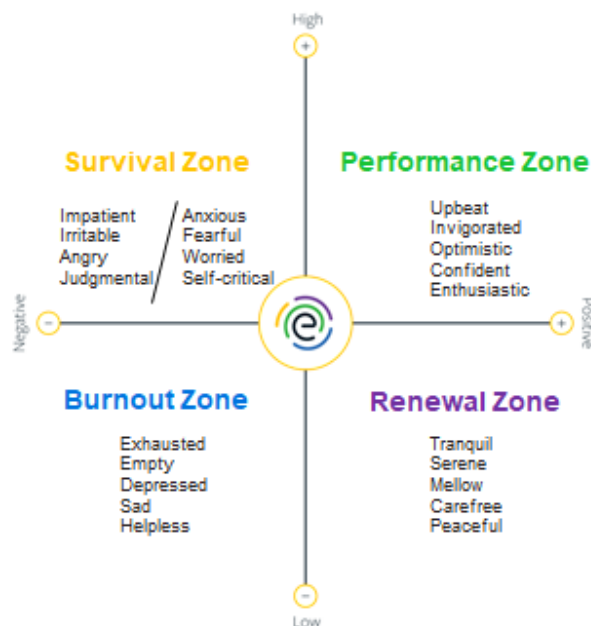
Andrew posed an interesting question: “What does it take for a human in the modern world to really show up?” He shared the belief that energy equals capacity and that we should be intentional about our energy.

He reminded members that energy *creates* energy and shared that the four dimensions of energy are:

1. Physical
2. Emotional
3. Mental
4. Spiritual

All are interdependent, and we need to tap into them all at different times to refuel. We also need to practice the important art of self-care.

Members took a quiz to assess their energy focus and to help them determine the behaviors that might be undermining their productivity and satisfaction. Some of these included lack of sleep, lack of daytime rest, and long work hours. Other less obvious obstacles to productivity might include unsatisfactory or abrupt transition times (from one task or place to another) and energy interruptions. New environments and new ways of working from home were cited as recent challenges. As Andrew underscored, old habits can die hard, but we are in a new era, and we need to shift to behaviors and rituals that nourish and sustain us. These might include walking, meditating or just taking time to be alone.



Andrew also cautioned against staying in “survival” or “fight or flight” mode for too long as this can create additional stress and undermine our health. Lack of support, or feeling like you don’t have the right resources, can contribute to this kind of negative state and the energy it produces. Conversely, renewal is important to maintain and best utilize energy. If you want to perform and be optimally healthy, consider how you spend and recover energy. There is often a tendency to default to the survival zone; we need to build in regeneration and safeguards to combat this.

Creating times throughout the day to intentionally renew can help. Regeneration can be as simple as paying attention to how you breathe, and inhaling and exhaling purposefully. Moving from the performance zone to the renewal zone (and then back again) is a good goal. Andrew also advised members to focus on the positive, i.e. ask: what's going right for you during this unprecedented time? What are some unexpected "gifts" working from home has presented? It might be more family bonding time and renewing connections with friends and family – these are good resources.

A final key takeaway was that downtime is not necessarily wasted time. Even though it can sometimes get a bad rap, science shows that downtime is one of the ways we humans refuel. So, take time to schedule renewable energy into your day. Put a "fake" meeting on your calendar and steal away for a latte, your favorite lunch or maybe a power nap or yoga session. You have our permission to do whatever it takes to keep others from taking your energy!

¹ <https://theenergyproject.com/>

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