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**Contact Information:  
[andrew.deutscher@regenerate.works](mailto:andrew.deutscher@regenerate.works)  
646.334.4381**



# **BUILDING AND SUSTAINING YOUR ENERGY**

**Growth Innovation Leadership Council  
3.24.2021**

A man in a dark suit stands with his back to the camera on the left side of a paved road. The road stretches into the distance, with a dashed white line down the center and solid white lines on the edges. The year '2021' is painted in large white numbers across the road. At the far end of the road, a bright sun or light source creates a strong lens flare and a rainbow arches across the sky on the right side. The surrounding landscape is dry and grassy.

2021

A **new era** of work  
REQUIRES a **new**  
**way**  
of working



We take *capacity* for granted

# IT'S TAKING A TOLL ON OUR PHYSICAL AND MENTAL HEALTH

- Work from home means work 24 hours
- It's hard to stay motivated
- I'm constantly distracted or interrupted
- I feel tired, irritable, anxious, and overwhelmed
- I've been sitting for hours
- I don't know how to stay engaged with my team
- I'm expected to respond even quicker now while juggling even more tasks
- I feel very fortunate, but also guilty for just having a job right now
- I need a vacation, but don't have the energy to think about or plan for it

# THE **REAL** PROBLEM

Keeping up with  
and **staying ahead**  
of the **pace of**  
**change** in a  
**boundaryless**  
**world...**

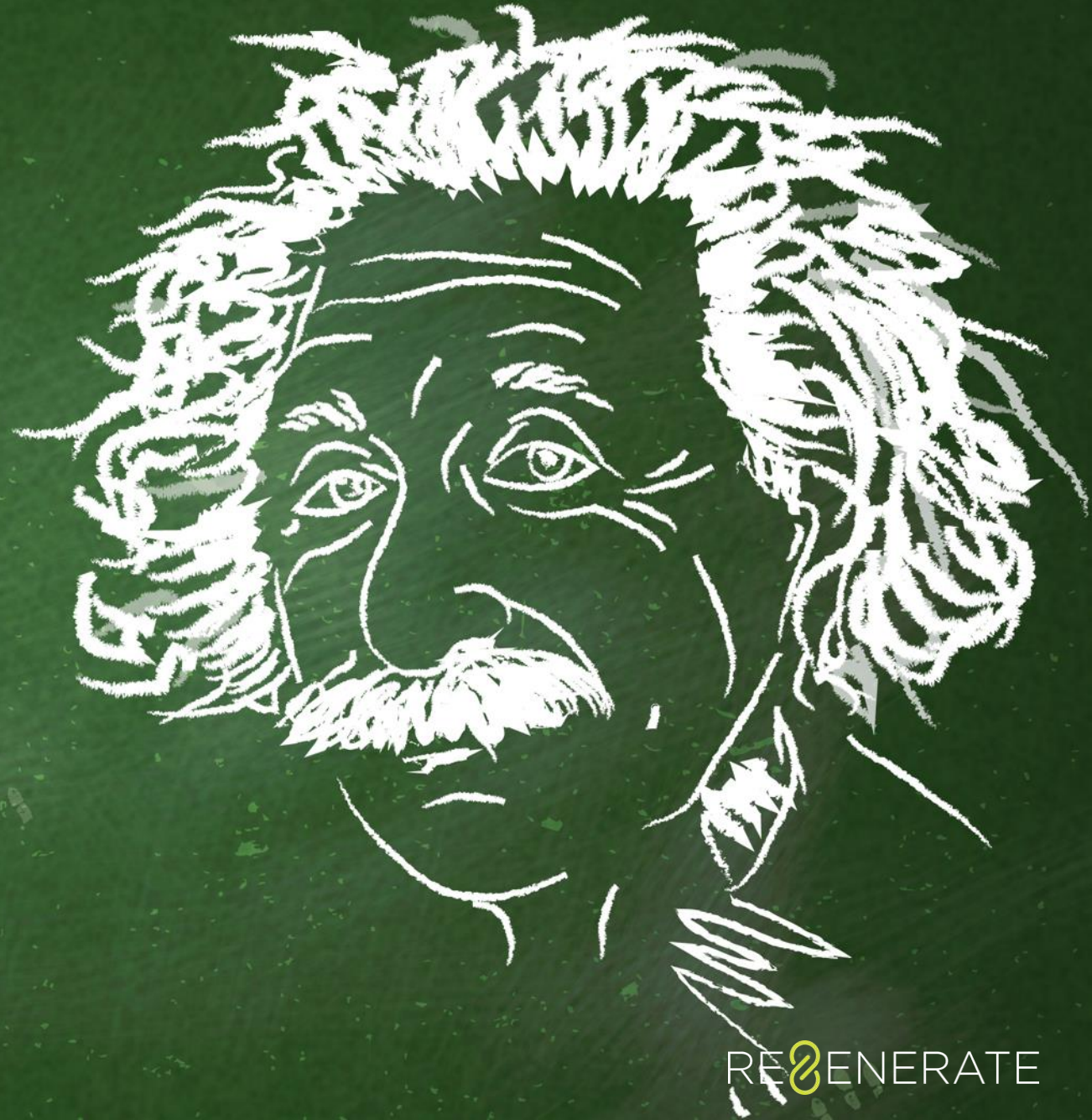


# THE **REAL** PROBLEM

...while also  
**creating time and  
space for the  
people and things  
that matter most to  
us**

“We cannot solve our  
problems with the same  
thinking **we** used  
when **we** created them.”

- Albert Einstein



TIME  
IS  
FINITE



# CAN YOUR CURRENT CAPACITY MEET YOUR CURRENT REALITY?



In this reality, we're going to need to rely upon an **alternative resource** to keep up with and better manage **life's demands**.



# ENERGY IS RENEWABLE

# ENERGY DEFINED

Human energy is the internal strength and vitality required for sustained physical, emotional, and mental activity



**Physical**  
Fitness




**Emotional**  
Resilience



**Mental**  
Agility

DEBRIEF

A silhouette of a person with their arms raised in a celebratory gesture, set against a warm, orange-hued sunset sky. The sun is low on the horizon, creating a strong backlight effect.

# ENERGY QUOTIENT

RE<sup>2</sup>ENERATE

# ENERGY QUOTIENT

12 RESPONDENTS

69% Energized

85-100%	Fully energized
65-80%	Moderately energized
45-60%	Slightly energized
25-40%	Flagging
0-20%	Burned out

# ENERGY BOOSTS

1. I take time to prioritize my work in a way that is effective and productive
2. I am able to maintain a healthy sense of self in the absence of appreciation and feeling valued
3. I am able to stay calm when my agenda is disrupted

# ENERGY CHALLENGES

1. I have a regular practice for quieting my mind
2. I get regular movement throughout my day
3. I mostly eat W.H.E.N. (When Hunger Ensues Naturally)

Share your reflections from the assessment

What did you takeaway?

Did your energy level feel about right to you?

Were you satisfied or dissatisfied with the outcome?

# ENERGY PRINCIPLE

With each moment, you are either spending or recovering energy.

Having an awareness of that literally 'changes the game.'

# UNDERSTANDING RENEWAL AND REGENERATIVE PRACTICES

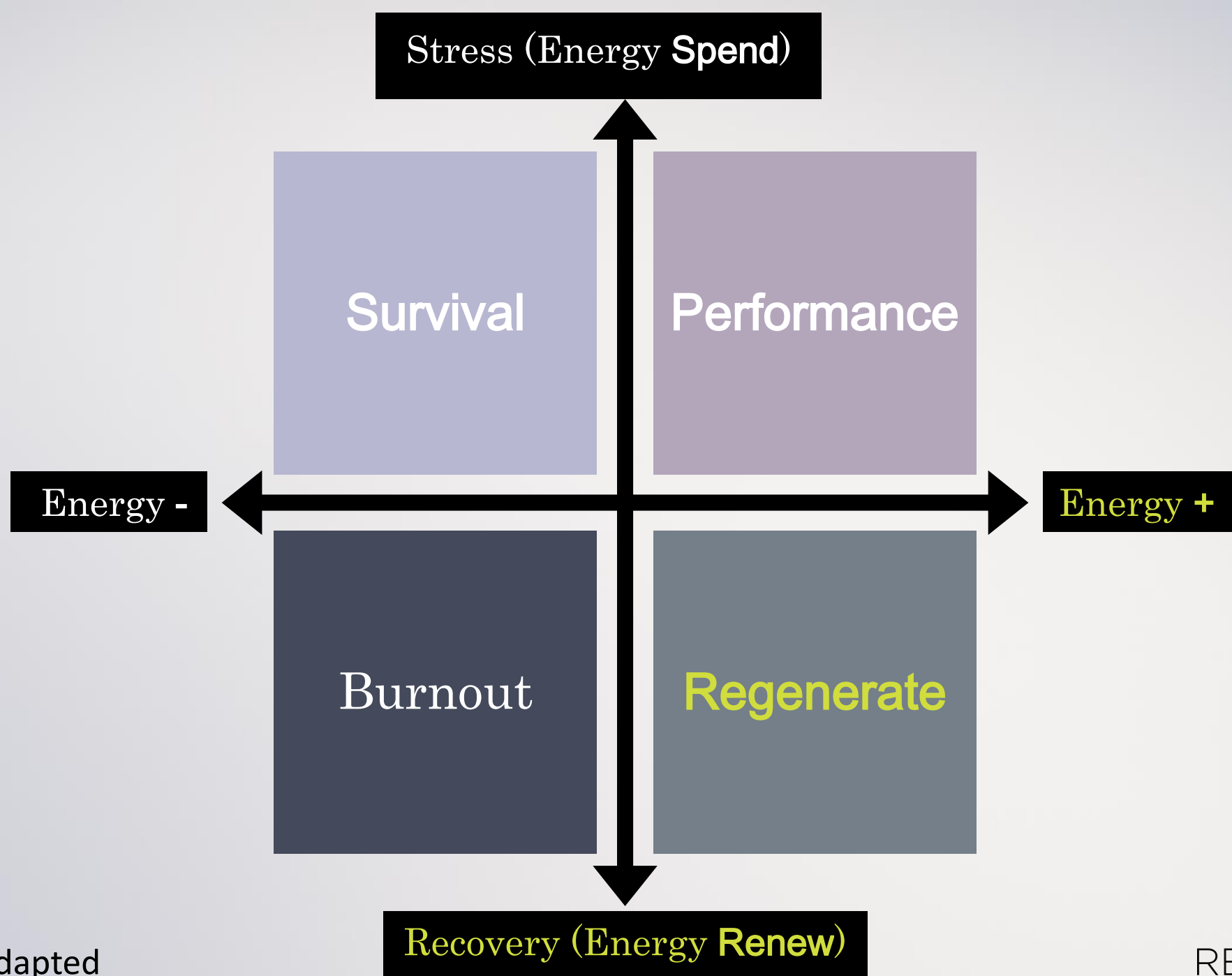
HUMAN  
BEINGS ARE  
DESIGNED  
TO BE  
**RHYTHMIC**  
CREATURES

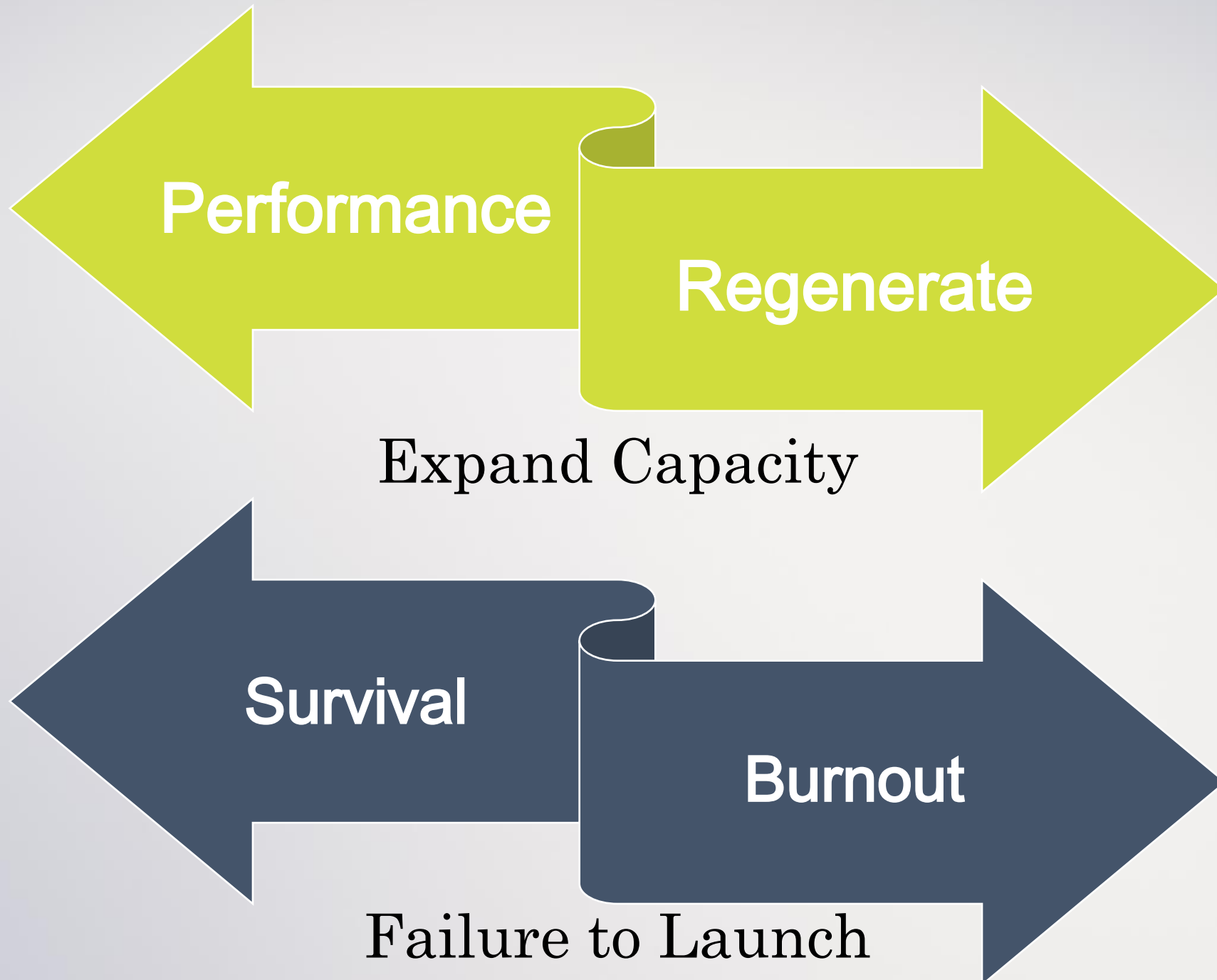


# ENERGY PRINCIPLE

Our human need for energy regeneration rises in direct relation to increased performance demands and pressure

RECOVERING  
ENERGY  
EFFICIENTLY IS  
INTEGRAL TO  
HIGH  
PERFORMANCE  
OUTCOMES





# KEY TAKEAWAYS



Stress is not the enemy, the enemy is the absence of recovery



To achieve a performance state and put yourself in the best position to expand your capacity, balance positive stress and recovery



The better you get at this, the closer you realize your total potential and impact



Top 2 zones generate fatigue and is the primary reason you may feel physical, emotional and mental fatigue at the end of the day



During high negative stress occasions, we tend to react from the Survival State



Attention to self (Regenerate) allows you to plug into the things and the people that you really care about



RE<sup>2</sup>ENERATE

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