

Manage Your Energy; Not Just Your Time

A Series from Faculty and Staff Services and UI Wellness

Manage Your Energy; Not Just Your Time is to help you identify strategies to eliminate energy drainers and create energy boosters.

To register, log into Self-Service and select “My Training.”

If you are unable to attend, but would like information, call 353-2973.



Each month from September through December, focus on a different energy source area: **Emotions, Spirit, Mind, and Body**. Unlike time, which is a finite resource, our capacity to expand and renew our personal energy is virtually infinite.

September: Focus on Emotions

Information and awareness about your emotions throughout the day can equip you with a greater understanding of how emotions can zap your energy levels and how to respond differently.

East 9/23 2520D University Capitol Centre **West** 9/16 102 CDD

October: Tap into the Human Spirit

Participate in an activity to help you connect the mind and body in a powerful way; capitalize on the energy boost to get more done throughout the day.

East 10/27 112 USB **West** 10/13 UIHC 7217 RCP Atrium E/F (Elevator F)

November: The Power of the Mind

Be aware of your “inner critic” and how even subtle tendencies can impact overall energy. Explore reframing and retraining ourselves using proven positive psychology techniques.

East 11/19 2520D UCC **West** 11/24 UIHC 7217 RCP Atrium E/F Elevator F

December: The Body and Physical Energy

Self-care is a trait that resilient individuals exhibit. Explore using your body as a physical tool to help accomplish all that you need in a way that doesn't leave you feeling depleted at the end of the day.

East 12/10 2520D UCC **West** 12/8 7217 RCP Atrium E/F Elevator F

All Manage Your Energy events are held from 12:15-12:45 p.m.
To register, log into Self-Service at <https://hris.uiowa.edu> and select “My Training.” Enter the date of the session that you plan to attend.

