

MASTERING ENERGY, FOCUS & TIME DESIGNED TO EMPOWER YOU & EXPAND YOUR POTENTIAL!

Presenter:

Michelle L Steffes, CPS, CPLC, AHF, CDT, 30 Years Leadership Author | Speaker | Corporate Trainer | Executive Coach Founder & CEO of IPV Consulting









GLOBAL
PODCAST
113 Countries
Reframe &
Rewire





A Recent Study According to Fast Company

Out of 540 studied

82% not working at optimal energy levels 61% working well below their best energy levels



Almost 9 in 10 Americans (87%) are more stressed than ever

Up 59% in two years!

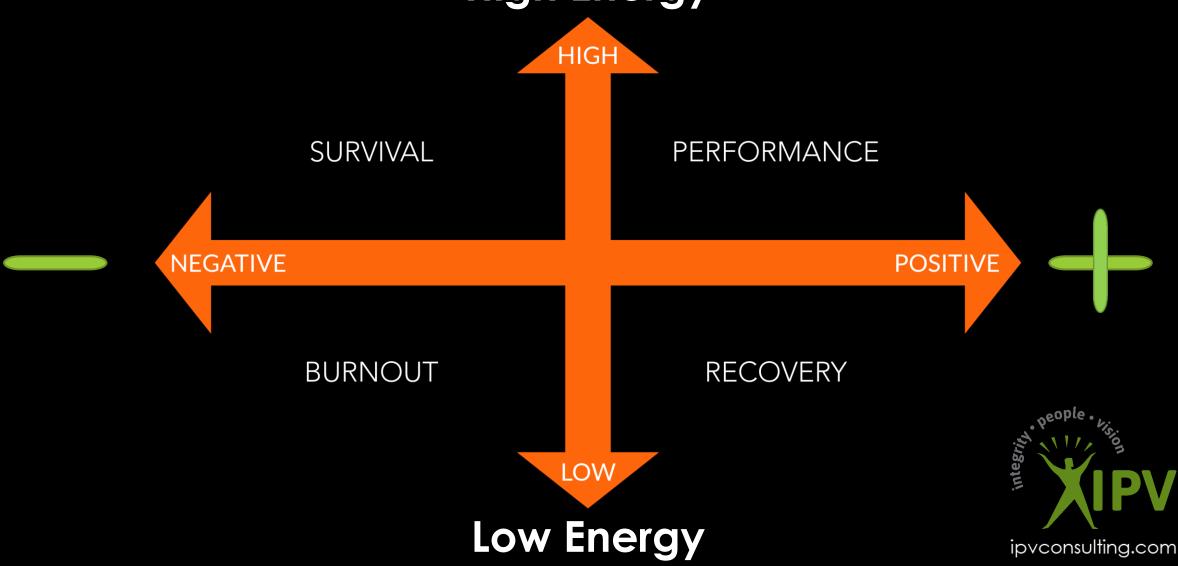
47% are Anxious 44% are Sad 39% are Angry

The American Institute of Stress (2022 Stress in America Survey

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Energy + State of Mind = Output





Three Major Players in Success Energy – Focus - Time

Your Energy will not help
Without Focus or Time Management

Your Focus will not help
Without Motivation or Time Management

Your Time Management is useless Without Motivation or Focus





First Tip for Improving Energy, Focus & Time

Writing and taking notes affects the brain



Energy Checklist

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ergy Zappers & Energy Boosters

ENERGY BOOSTERS labits & Routines that infuse energy,

inspire creativity & boost productivity

Walking - 10 minutes

O Refresh your brain

O Increase cognition

O Improves memory O Improves learning ability

O Elevates mood

O Health

O Expand your creativity

O Reduces blood pressure

O Helps you see opportunities

O Draws in opportunities

O Builds resilience

Laughter! - videos O Insomnia O Memory

O Enhances Creativity

O Increases Endurance

- the Happy Drugs!

O Builds Confidence O Motivates / Inspires O Creates Momentum 23 | All Rights Reserved ulting.com | 616-291-0377

O Problem solving

O Treats depression

O Is infectious!

O Immunity

O Lifts Mood

O Therapeutic O Boost Productivity Progress/Productivity O Increases Serotonin & Oxytocin

Motivation/Positivity - Podcasts, quotes, affirmations, gratitude

O Increases brain activity

O Increases immune system O Raises energy/alertness Power Nap -15-30 minutes

Energy Zanpers & Energy Boosters

will send you rPoint.

nd 5 the highest:

itent toward solutions.

s blood flow to the brain

brain from free radicals

s problem solving skills boor

anxiety

s energy insomnia al balance irritability

otassium imune system

risk of heart attack



RGY BOOSTERS

odine opper (destroys free radicals) (herbal energizer found in ealth drinks

Stress

Digestion

y Cooling

s learning / creativity

s memory

/ Vitamins

ens bones

nergy and nutrients coronary artery disease

E - good for skin and hair rries

ergy

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Energy Checklist

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IPV Leadership Mastery Course Designed for

NOTES



Mastering Energy, Focus & Time

Designed to Empower You from the Inside Out! Facilitated by: Michelle L Steffes, CPS, CPLC, AHF, CDT Author | Speaker | Corporate Trainer | Executive Coach (Virtual or In-Person)







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The Cycle of Low Energy, Focus & Poor Time Management (E-F-TM)



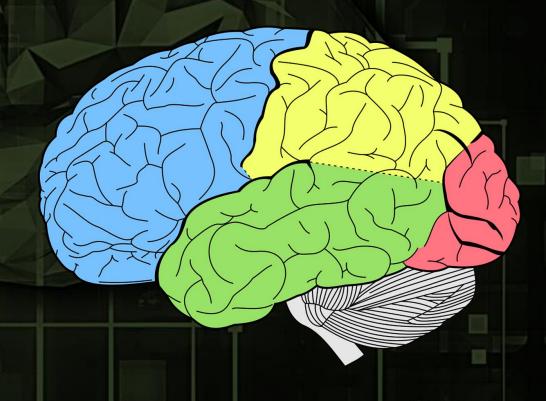
Low confidence & fatigue lead to poor performance & disorganization

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Stress Inhibits Energy & Focus

Chronic Stress or High Stress Raises Cortisol & Adrenaline Frontal Cortex (Executive Center) Becomes Paralyzed

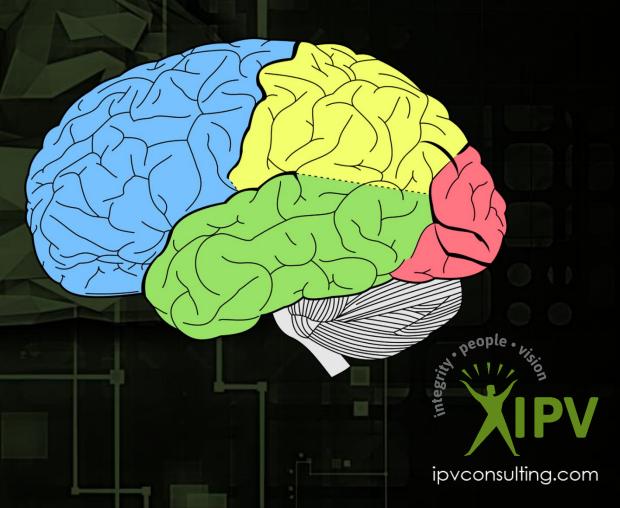
Reduced Attention Lower Perception Emotional Distress Brain Fog/Fatigue Sleeplessness Poor Health





Chronic Stress or High Stress Raises Cortisol Cellular Changes in the Brain

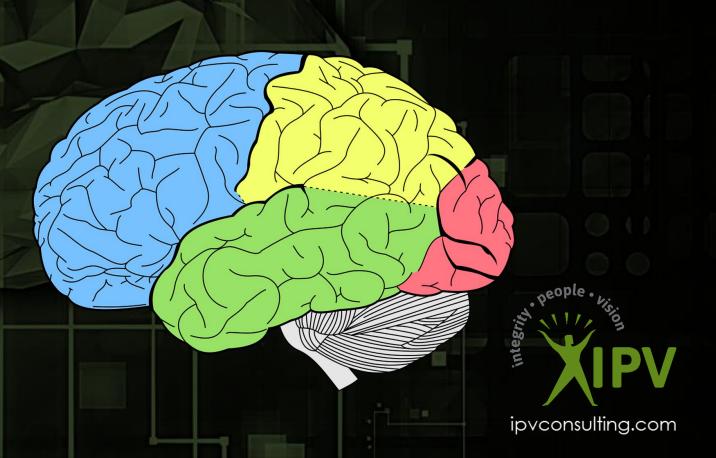
Shrinks Hippocampus
(memory center)
"Brain imaging studies
show depressed people
possess smaller
Hippocampus"
- brainfacts.org



Stress & Anxiety

Chronic Stress or High Stress Raises Cortisol Cellular Changes in the Brain

Shrinks Hippocampus (memory center) Amygdala Hijack (emotional center)

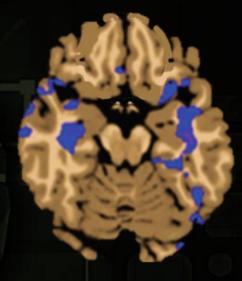


Resilient

Stressed

Healthy Resilient Anxious Depressed









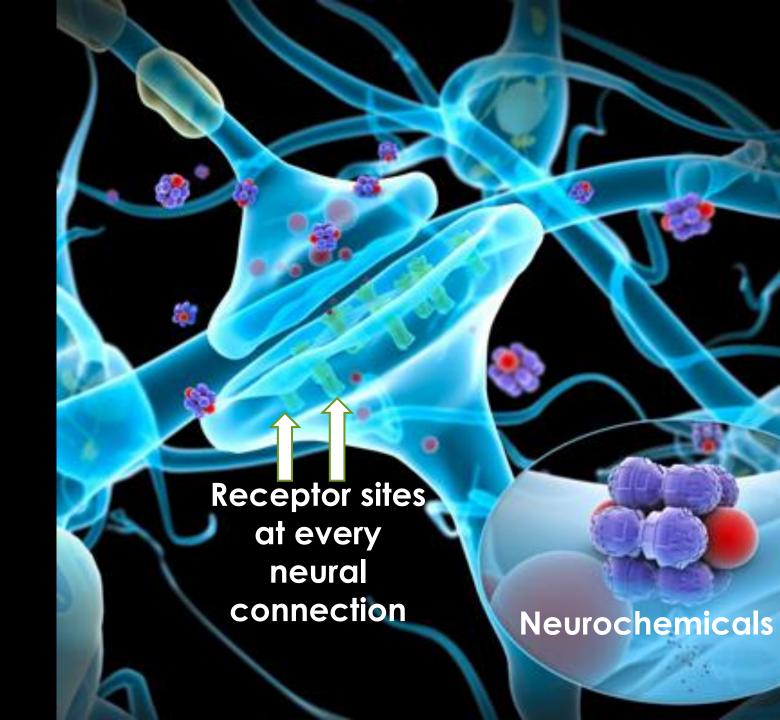
60 different Neurochemicals

like adrenaline, cortisol & melatonin previously mentioned

1,000 billion connections

Each is released with

EVERY THOUGHT & ACTION



CREATING A SHIFT 3 Examples of Positive Neurochemicals



Dopamine = the "feel good" neural chemical



Serotonin = Regulates mood and reduces anxiety



GABA = Enhances well being and self control



PERFORMANCE ISSUES Lack of Positive Neurotransmitters

DOPAMINE Effects When Lacking

- Hopelessness
- Lack of Focus
- Low Energy
- Anxiety
- Brain Fatigue
- Poor Performance
- Gastric Issues

SERATONIN Effects When Lacking

- Depression
- Moodiness
- Aggression
- Memory Issues
- Panic Disorders
- Social Anxiety
- Impulsiveness

GABA Effects When Lacking

- Inhibits receptors
- Mood Disorders
- Hyper insomnia
- Brain Fog
- Sleepiness
- Weak Muscles
- Anxiety



CREATING A SHIFT IN ENERGY & FOCUS A Few Ways To Release Positive Neurochemicals

Gratitude
Kindness
Empathy
Smiling
Laughter
Creating Progress
Encouraging Others



Common Energy "Vampires" Bad HABITS that Drain our Energy

Trouble Saying "NO"
Perfectionism & Overthinking
Disorganization/Clutter
Lack of Daily Progress
Lack of Unplugging





Sources of Negativity Affecting the Brain











MEDIA & NEWS

ENTERTAINMENT

YOUR FOCUS

INFLUENCES

FEARS

Ask Yourself . . .

What are the Benefits?

Good Use of Time?

Affects on You (neural chemicals)?



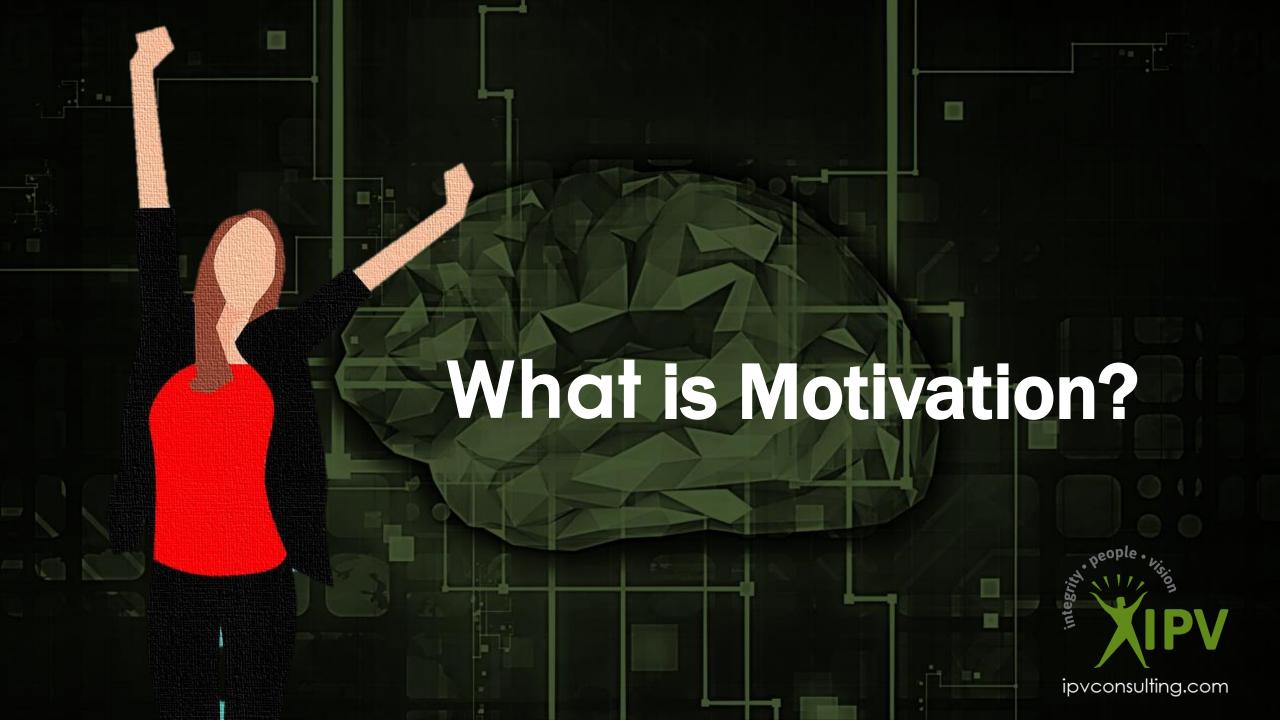


HABITS Are More Powerful than WILLPOWER

DAILY HABITS	WILLPOWER
Auto-engage what we have wired in by repetition	Without the right "wiring" we often cave in or give up
Gives us confidence even in heightened emotional states	We often fail to overpower our emotional response
Consistent "inner-training" improves our State of Mind	Lack of "inner-training" can weaken our State of Mind

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Morning Routine

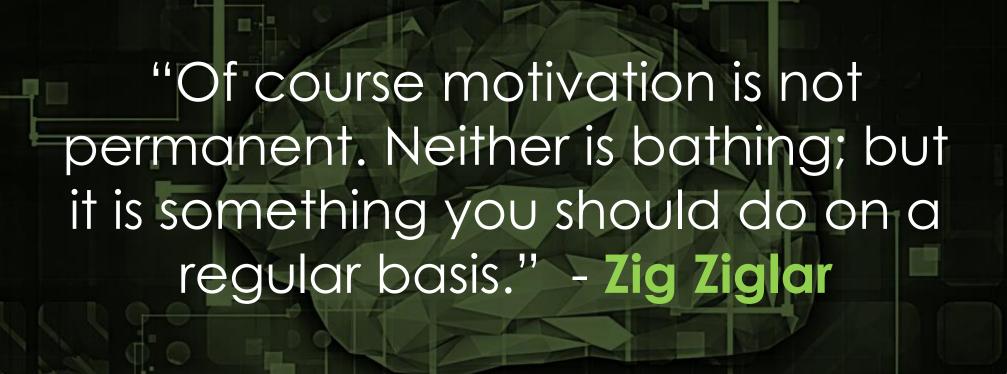
Books, Notes, Quotes, Audio Books,

Videos

Affirmations / Visualization

Meditation / Prayer





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- Build Motivation & Confidence
 DAILY!
 - Stay Aware & Detached
 - Practice Daily Prioritization
 - Consistent Exercise
 - Sleep & Circadian Rhythm









10 Benefits of Lists & Prioritization

- Higher productivity
- Lower stress
- More organization
- Improved confidence
- A sense of control

- Decreased selfsabotage
- Goal achievement
- Stronger state of mind
- Avoidance of burn out
- Reduced clutter issues



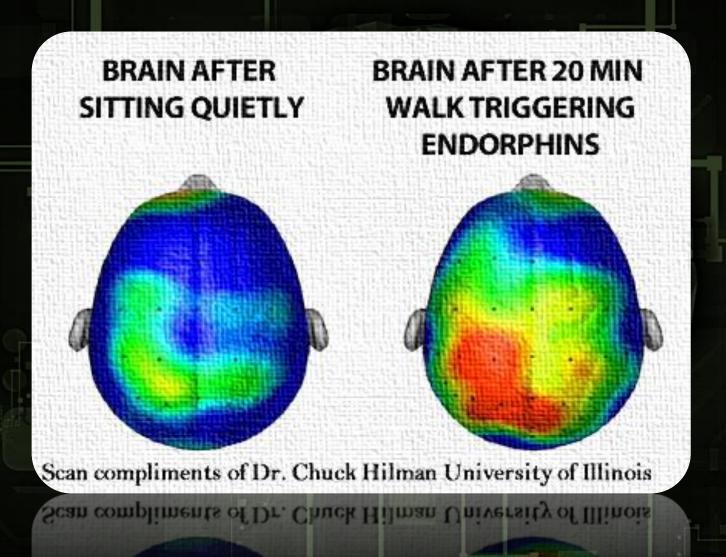
8 Ways to Develop Higher

ROCUS .

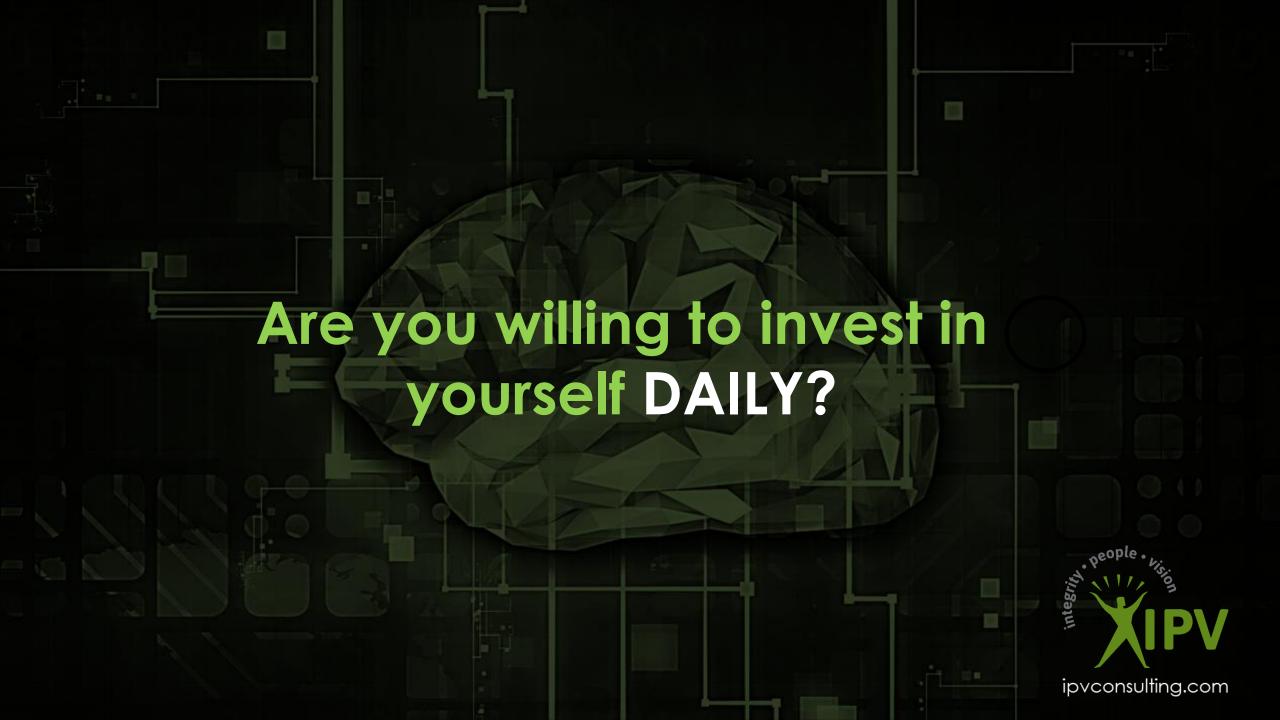
- 1) Brain Dump & PRIORITIZE!
- 2) Prioritize the TOP 2-3 Core Tasks EARLY in the Day
- 3) Create a "Distract Free Zone"
- 4) Set specific CHECK TIMES
- 5) Practice the IPV 5-15 Rule
- 6) Practice the 2 Minute Rule
- 7) Schedule all Tasks even personal priorities
- 8) TAKE BREAKS every 30-60 or 90 minutes



TAKE BREAKS every 30-60 or 90 minutes





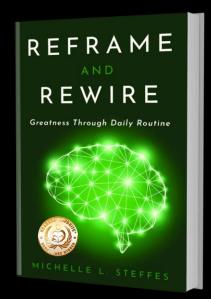


168 hours per week 40-50 work 48-56 sleep 62-80 remaining

Invest just 8-10 of those in yourself:

- Stronger state of mind
- Greater confidence & resolve
- Better relationships
- Less stress
- Higher productivity





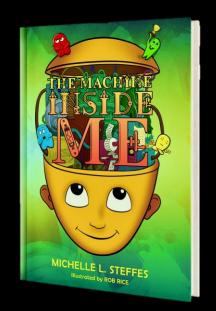
Special Event Pricing \$15.00

Regular \$17.99



Special Event Pricing \$10.00

Regular \$10.99



Reframe and Rewire provides a blueprint to change your thinking and your life.

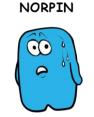
You'll learn:

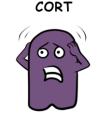
- How to create new habits that retrain your brain
- Insights on brain & heart science
- Tools, tips & worksheets to build a powerful new routine



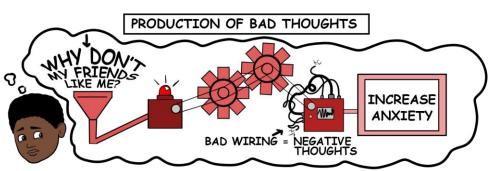










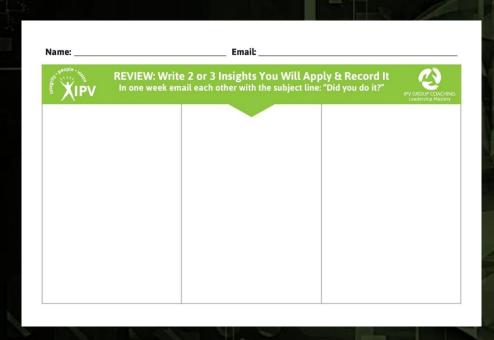




ACCOUNTABILITY IS KEY!



ACCOUNTABILITY GOALS & PAIR UP



INSTRUCTIONS

- Write in two or three things you will apply (2 minutes)
- Be sure to include your name and email at the top
- Record what you committed to
- Please stand when completed



ACCOUNTABILITY GOALS & PAIR UP



INSTRUCTIONS

 In ONE WEEK, email your partner and in the subject line, write "Did you do it?"



Thank You! Questions?

More info? Email: <u>michelle@ipvconsulting.com</u> or Visit: <u>lpvconsulting.com</u>











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113 Countries
Reframe &
Rewire

Google Reviews

"Michelle and her team are a pleasure to work with. High energy, engaging, and very responsive. The IPV Group Leadership Mastery Training was a huge success for our team." — **Dan Geissbuhler, Area President, Northern CA, US Foods**



"With Michelle's direction the Gemini Media sales team was able to overcome challenges with corporate change both personally and professionally. I highly recommend her corporate training for teams of all sizes." - Jennifer Maksimowski, Director, Gemini Media Group

"Michelle is a top-notch professional. I highly recommend her for individual and group coaching." - Lisa Wideman, CEO, WMMOW

"I engaged her to speak at several events for a professional group and conference I am a part of. Hands down, her track was the best attended and had the most responses with amazing feedback!" – Derek Wood, CFO, West Michigan Transport, LLC