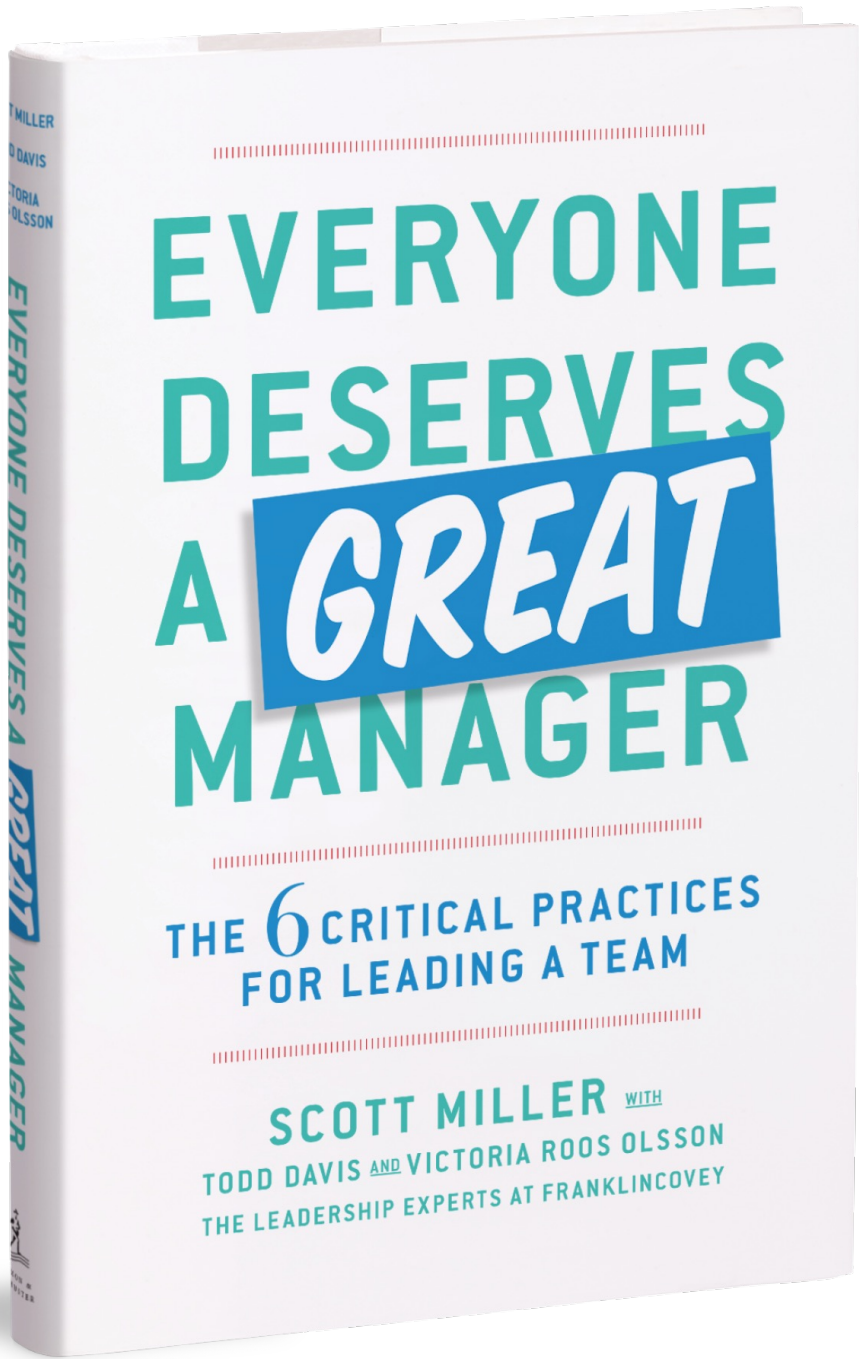




# The 5 Energy Drivers

## Victoria Roos Olsson, FranklinCovey



Victoria Roos Olsson





How are you? How do you feel about  
being here today?

A woman with long brown hair, wearing a dark suit, is leaning over a white desk in an office. She is looking down at something on the desk. On the desk, there are several white binders and a pair of glasses. The word "ENERGY" is written in a large, outlined font across the middle of the image.

ENERGY



# Why do Energy matter?

A photograph of three business professionals in an office. A man and a woman are seated at a desk, looking at a computer monitor. Another woman stands behind them, leaning over the desk and looking at the screen. The background shows office shelves and a whiteboard with colorful markers.

## MANY ARE NOT HAPPY

**30%** are engaged, while...

**52%** are not engaged, and...

**18%** are actively disengaged.

**\$500** billion per year.

Frontline workers are the **least** engaged.

# LEVELS OF ENGAGEMENT

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**CREATIVE EXCITEMENT**

**HEARTFELT COMMITMENT**

**WILLING COOPERATION**

INDIFFERENT COMPLIANCE

RESENTFUL OBEDIENCE

REBEL OR QUIT

# LEVELS OF ENGAGEMENT

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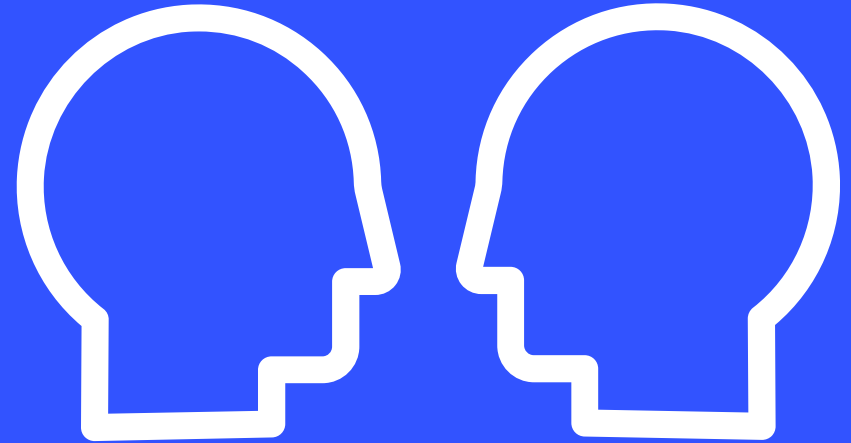


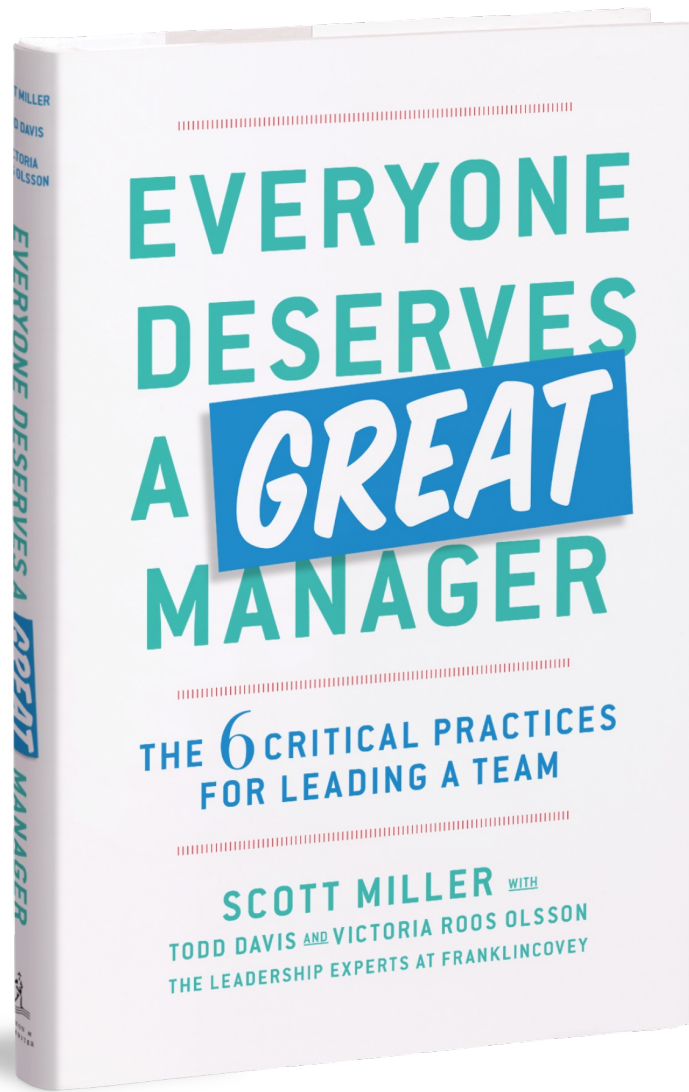




## DISCUSSION QUESTIONS

Think of a time when you were Highly Engaged. What made you feel so engaged? Share and discuss what makes us creatively excited at work!





### COMMON MINDSET

I am too busy to take time for myself.

### EFFECTIVE MINDSET

I must manage my time and energy to be an effective leader.





# Your Energy Line

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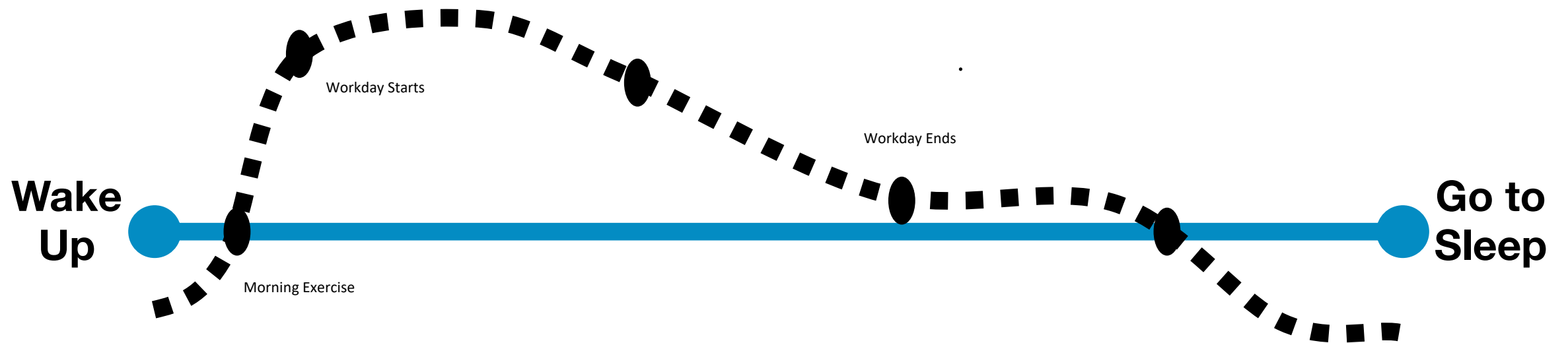
**Wake  
Up**



**Go to  
Sleep**

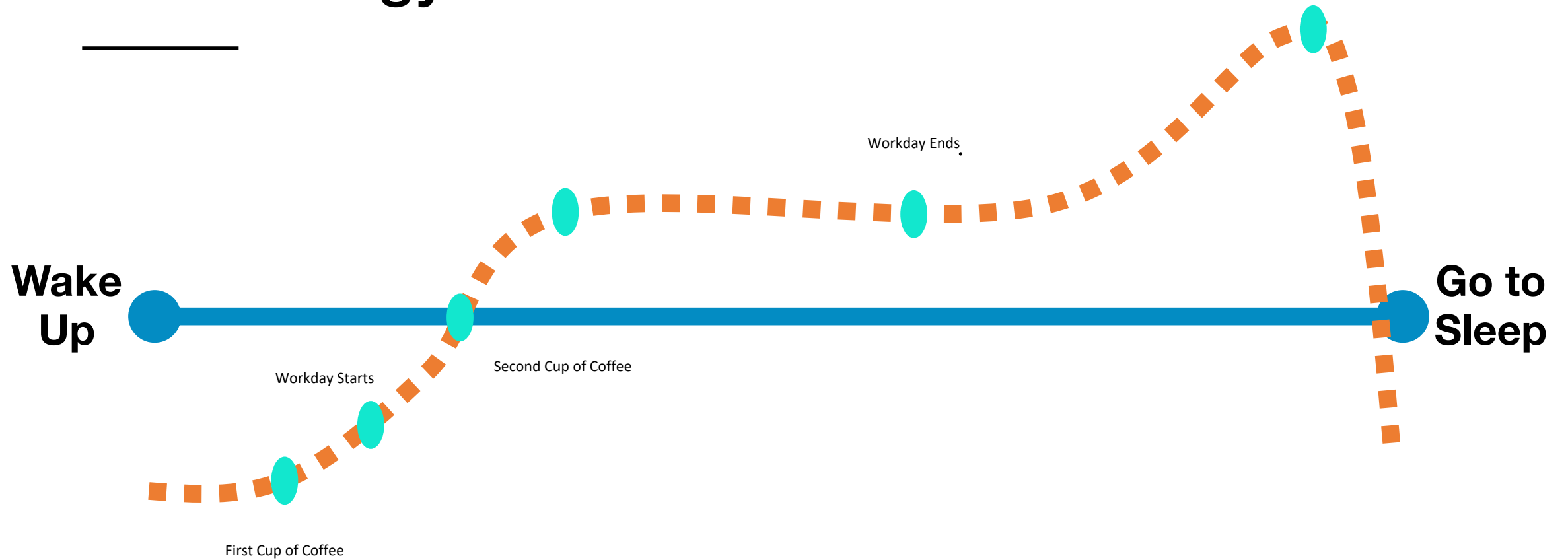
# Your Energy Line

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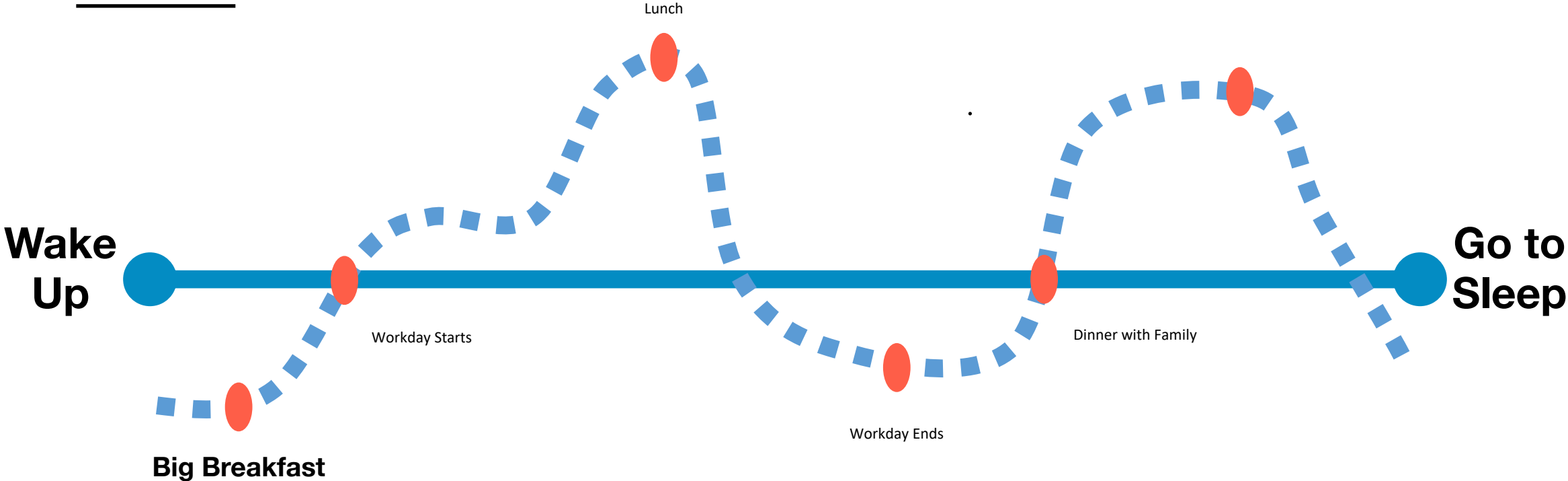


# Your Energy Line

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# Your Energy Line







# DISCUSSION QUESTIONS

Share your Energy Line



**VIDEO:**  
***ENERGY CRISIS***



**VIDEO:**  
***ENERGY CRISIS***

What's one way you can renew your energy  
so you don't burn out?



## BEHAVIORS

- **Create patterns of consistent renewal:**
  - **Move**
  - Eat
  - Sleep
  - Relax
  - Connect



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  - **Connect**







## DISCUSSION QUESTIONS

Which of the 5 Energy Drivers do you need to focus on right now?

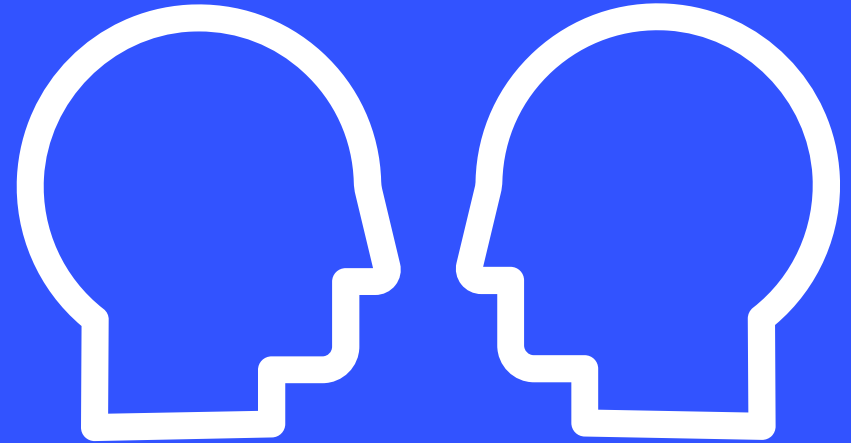






## DISCUSSION QUESTIONS

What can YOU do to contribute to an engaged and energized team culture.



**Stay in touch:**

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LinkedIn: **Victoria Roos Olsson**

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Podcast: **Roos&Shine**



**Victoria Roos Olsson**

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| Keynote Speaker | WSJ Bestselling Author | R...





**FranklinCovey**