

Change Champions & Associates present:

Manage Your Energy Rather Than Your Time



Now available as an e-Learning Module

Complete it at your own pace

Click on the link below to REGISTER NOW !

Only \$77.00 AUD inc GST

<https://changechampionsandass.coursegenius.com>



About this Module

This module is for emerging managers, supervisors and team leaders who have received no formal training in management or leadership. It is also for people who take work home so that they can catch up or be better prepared for the week ahead, and for those who are pressed to achieve deadlines and deliverables.

Step by step, you will:

- Examine your working hours and the impact on your health, well-being and productivity.
- Learn how to recognise the signs of burnout and how to change some of the habits that can lead to burnout.
- Be introduced to the concept of corporate athleticism and discover how it applies to your job.
- Learn how to distribute your workload to align with your ultradian rhythms
- Examine strategies for creating a healthier more productive you
- Develop a plan for managing your energy.

Preview Available

The introduction and some pages of this module are available on Preview at <http://changechampionsandass.coursegenius.com>.



Accredited by The Australian College of Rural and Remote Medicine for 6 Core points.
ID no. 12344

Your Facilitator is Char Weeks

Char Weeks GAICD, GCCM, CHE, BA is a Certified Executive Master Coach and a Member of the International Coaching Council. She is trained in Genos International Emotional Intelligence and Hurn McEwen Resilience@Work. Char particularly enjoys working with emerging managers and those who embrace the idea that life is one continuous learning curve.



Char is passionate about the effective management of change, especially as it impacts on people.

She understands systems change and is an advocate for organizational learning and positive culture development. Her gift is in sharing practical strategies for dealing with difficult challenges in the workplace.

She has worked on many change programs in complex organizations including government, public and private hospitals, child protection, indigenous organisations, not for profits, and aged, mental health, drug, alcohol and disability care.

Interested in this module for all of your staff?

Discounts on e-learning platform

Manage Your Energy Rather Than Your Time is available to large organisations on the CourseGenius e-learning platform at a discounted rate for groups of 15 or more.

Contact us to discuss your organisation's requirements.

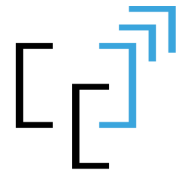
Need more information? Email info@changechampions.com.au or M: 0467 635 150 from within Australia or for international clients +61467 635 150

Also available as In house workshop

Manage Your Energy Rather Than Your Time can also be tailored to be presented as a three hour workshop in your facility.

Registration

ELEARNING MODULE: **Manage Your Energy, Not Your Time**



CHANGE CHAMPIONS
& ASSOCIATES

Delegate 1 Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: _____

Given Name: _____

Company/Organisation: _____

Position: _____

Address: _____

State: _____ Postcode: _____

Telephone: _____

Email: _____

Delegate 2 Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: _____

Given Name: _____

Company/Organisation: _____

Position: _____

Address: _____

State: _____ Postcode: _____

Telephone: _____

Email: _____

___ x registrations @ \$77.00 inc. GST each

TOTAL AMOUNT PAYABLE (AUD incl. GST) \$ _____

Once your payment has been received, you will be emailed a link to the learning module

PAYMENT METHODS

Charmaine Weeks T/A Change Champions & Associates
ABN 49 833 110 992

1. PREFERRED Register ONLINE at COURSEGENIUS

Simply visit <https://changechampionsandass.coursegenius.com>

Create your account, preview and pay for your module using PayPal, the secure gateway.

2. Pay on your Credit Card & email your registration form to info@changechampions.com.au

Card No. _____ 3 digit CVC code: ____

Expiry Date: __ / __

Cardholders Name (PLEASE PRINT) _____

Amount : \$ _____ Cardholder's Signature: _____ Date: __ / __ / __

3. Pay by cheque/money order

Please make cheques/money orders for your **registration fees only** payable to Charmaine Weeks

4. EFTPOS or Internet Banking

Account name: Charmaine Weeks

Bank: Westpac

BSB: 032 569

Account No: 196 411

Ref No: Energy (Your surname)

5. Request an invoice (All invoices must be paid prior to receiving the link to the module)

Name & position title of person responsible for payment :

Email address for your invoice: _____

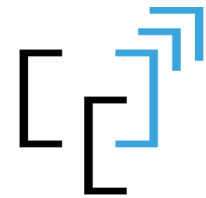
Ph: _____

MAIL: Charmaine Weeks
P.O. Box 302, Kew, Victoria 3101
info@changechampions.com.au

Your registration will be confirmed by email.

IN HOUSE:

Expression of Interest Form



CHANGE CHAMPIONS
& ASSOCIATES

WORKSHOP: Manage Your Energy, Not Your Time

Name of Contact Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: _____

Given Name: _____

Company/Organisation: _____

Position: _____

Address: _____

State: _____ Postcode: _____

Country: _____

Telephone: _____

Email: _____

At what address/facility would the in-house workshop be held?

Are the majority of the delegates middle or emerging managers?

Yes No

Approximate number of delegates? _____

Preferred dates (to be negotiated) _____

State preferred times _____

PLEASE EMAIL THIS FORM ONLY TO:

info@changechampions.com.au

Change Champions & Associates will then make contact to discuss the possibilities.