

E² – UNLEASH YOUR POWER



Optimize your energy – your most important resource: this workshop will help “Corporate Athletes” become more productive under pressure without compromising their personal health and happiness.

Using recent findings from neuroscience, behavioral economics, psychology, nutrition and exercise physiology, this science-based course will strategically help participants become more productive and effective under pressure by managing their energy more effectively. Aligning energy investments with one’s deepest values and beliefs represents a critical component to skillful energy management. Participants in the course learn how to train like an elite athlete, a Corporate Athlete, to strengthen and align energy across all four dimensions: body, heart, mind, and spirit. This multi-disciplinary approach helps you become physically energized, emotionally connected, mentally focused, and completely aligned with whatever mission is most important to you.

Target Audience

- Mid-level high potential female managers with at least 8 years of working experience and ideally 3+ years of leadership experience
- Max. 25 participants from different Advance member companies

Format

- One day workshop (1 credit per participant)
- Additional credits can be bought for 1'100 CHF per participant
- Language: English

Registrations

- Via the member area of the Advance website

FACILITATION



Malvika Singh is the founder of IMPACT, an international consulting and leadership development firm. She works with CEOs, senior executives, and teams in the areas of leadership development, culture change initiatives, high-performance team development, innovation, and one-on-one coaching. Malvika has worked as a consultant in the chemicals, financial, hi-tech, reinsurance, pharmaceutical, beverages, not for profit, and educational sectors. Her work focuses on the creation of innovation by design, and she specializes in working with individuals and organizations to create breakthrough results.



Advance Skill Building for Rising Leaders

The Advance Skill Building workshops equip talented women with the core skills, capabilities and leadership mindset that are critical to climb the corporate ladder. Every workshop is also an excellent opportunity to meet peers from different Advance member companies, allowing you to broaden your business network.

For more information, please contact the Advance workshop coordinator at contact@advance-women.ch / www.advance-women.ch