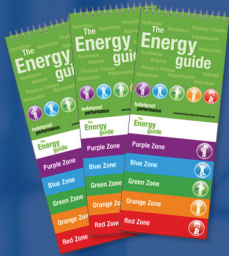


**bulletproof
performance**

Energy Under Pressure



Healthy & sustainable energy for performance under pressure

Every person requires energy to perform in life, every day. This is especially relevant when you have an obligation to perform despite the pressure conditions you face. How can you prepare your energy levels for before, during and after the meetings, days, events or the projects that will make up your career?

Energy Production

Effort vs Return: a balanced & sensible approach to being fit for work

1. Building an energy management plan for you and the team
2. Impacts on health & safety

1

Energy Consumption

Avoiding burnout in you and others

1. Planning for high energy periods
2. Identifying warning signs
3. Addressing fatigue roadblocks

2

Renewable Energy

Finding new reliable energy sources

1. Sleep
2. Hydration
3. Stress Management
4. Fuel

3



WORKSHOPS



COACHING



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