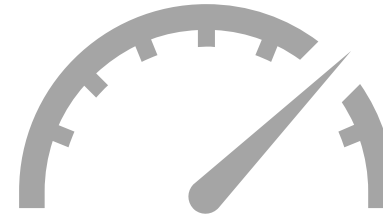


Learning While Disrupted



Daily Energy Pulse®

Initial sprint with learning conversations
and webinars



Weekly Leadership Pulse®

Second sprint with weekly version of the
Leadership Pulse

Using Data and Reflective Learning to Thrive



Daily Energy Pulse

Sprint One: Daily energy pulsing

Your energy today - 03.07.20

Whats My Energy <wme@eepulse.com>

to me ▼

Click [here](#) to record your energy for today.

Every morning you will receive an email that looks like this. Open it up and document how you were doing on the prior day.



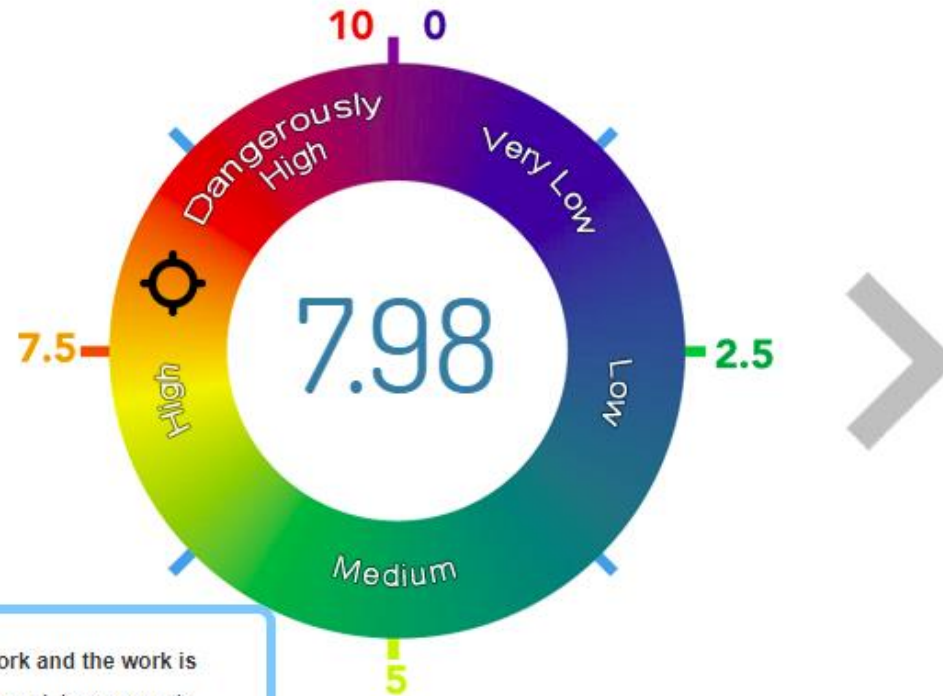
Daily energy pulsing provides an opportunity for reflective learning. By tracking energy and what's positively and negatively affecting your energy, you can learn and create more positive energizing moments – even during a pandemic.

Overall, how would you rate your **current energy** at work?

Energy is defined as the ability to do work. Energy at work is measured by reporting your level of energy exertion. - When your working energy is near your optimal energy level, you are able to be at your best, or you have the highest ability to do work. [More ...](#)

Using your cursor, move the number that best represents your energy at work. When you have the right energy level, you will see the right

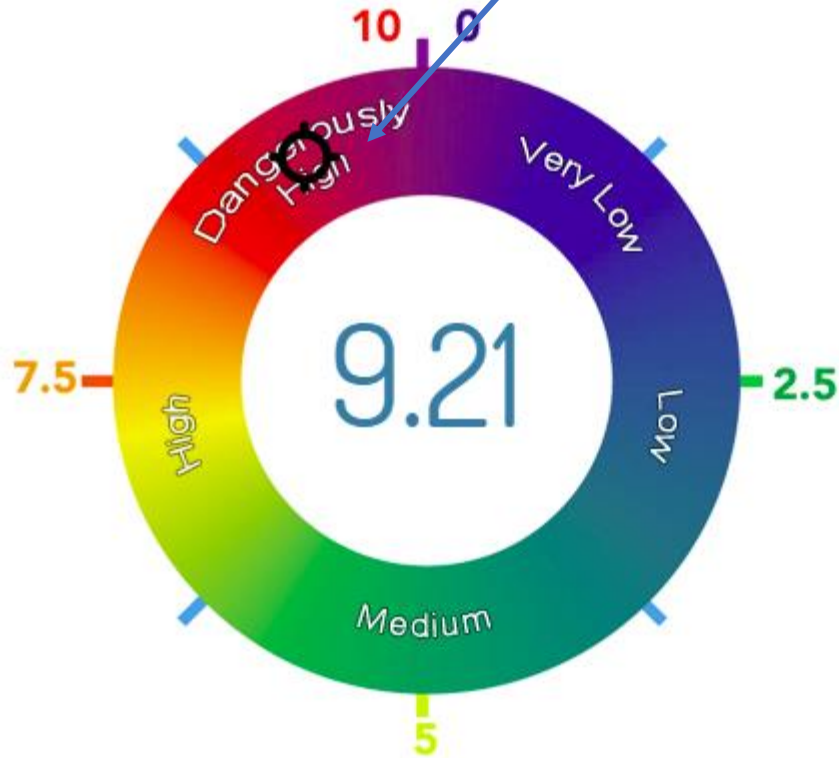
High energy = The work is fun; have energy for work and the work is energizing you; have a good sense of accomplishment, have enough challenge to keep you going and moving forward.



Above is a sample first page from my daily energy pulse.

How to navigate

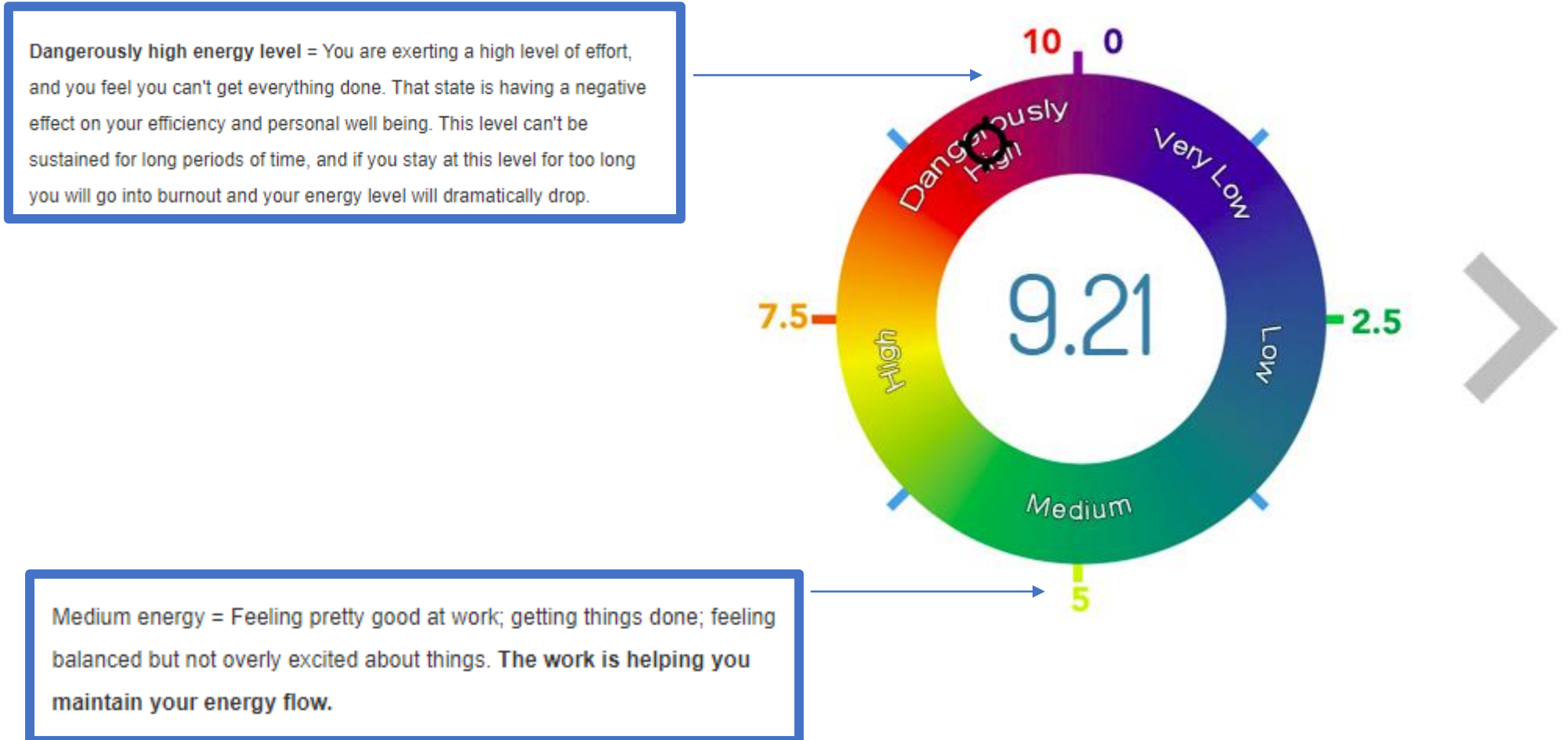
Move the radar to find the point you think is your current 'working energy.' For the morning energy pulse, document what you think your average energy was for the prior day.



Scrolling over any part on the dial will provide you with descriptions of the energy levels (what does a score of 10 mean vs. a score of 2?).

Examples on next page.

Sample: Description of the 10 and 5 scores

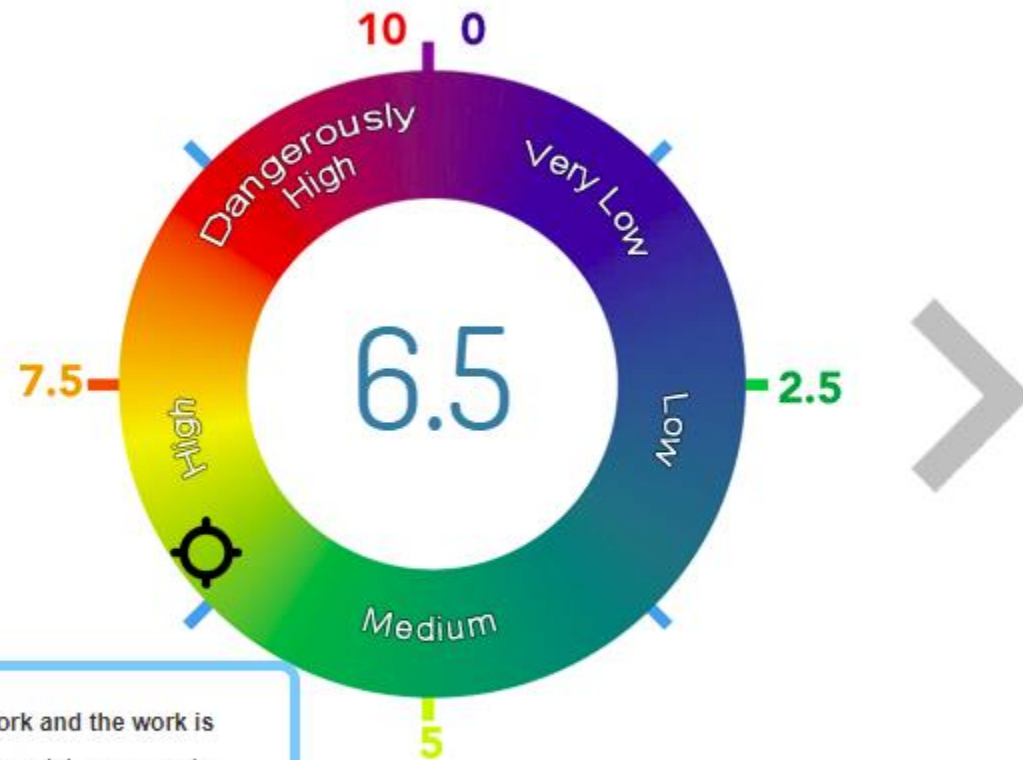


After you submit the first page response, you get an additional question, and you are asked about your optimal energy at work. Think about where you are most productive and when you feel “in the zone.”



Daily Energy Pulse

What is your energy level where you are **at your best** at work?



High energy = The work is fun; **have energy for work and the work is energizing you**; have a good sense of accomplishment, have enough challenge to keep you going and moving forward.

The last question is a place you log in diary or journal entries. These comments are for your own personal reflection and learning so that you can continuously improve.



Daily Energy Pulse

Please share the factors that are affecting your energy at work. The more detail you can provide, the better, as we are trying to uncover and share the drivers of optimal energy.

These data go into your personal diary. Write down what's important to you. Think about what's positively and negatively affecting your energy at work. These comments will appear in your trend line (you can hover over the number and see what you said).

Submit

Get in the zone today!

We are all managers -- of our careers, projects and people. Do it better, and have more fun by staying energized, in your zone and directing your team's experience so everyone is at their best.

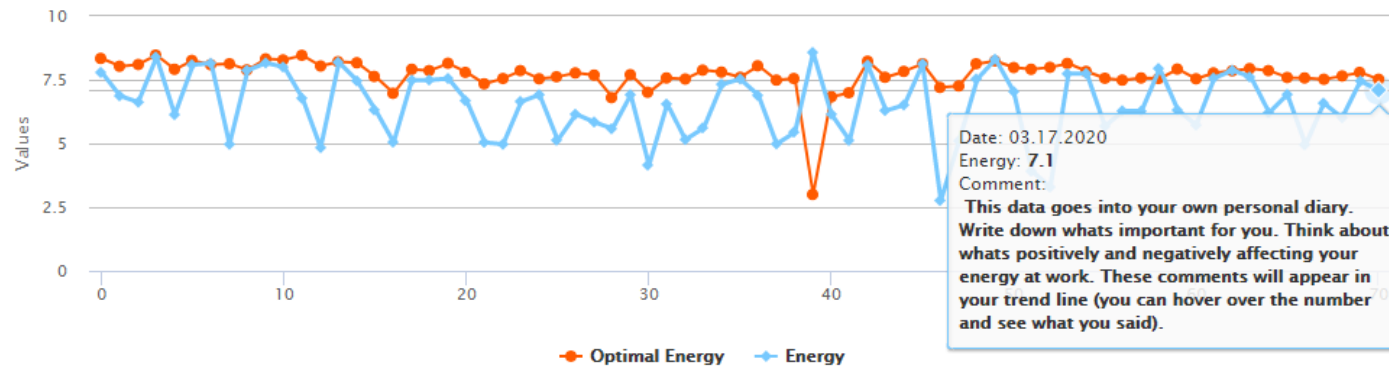
Are you in the Zone?

Energy Component	My Results	My Average
Working energy	7.10	6.54
Optimal energy	7.52	7.71
Zone status		-0.42

Research shows that being more than one point away from where at their best, either higher or lower, increases employees' risks of low performance, burnout and turnover.

3 Tips for Getting In Your Energy Zone

Energy Trend



Date: 03.17.2020
 Energy: 7.1
 Comment:
 This data goes into your own personal diary. Write down what's important for you. Think about what's positively and negatively affecting your energy at work. These comments will appear in your trend line (you can hover over the number and see what you said).

After hitting submit, you are taken to your own personal journal. The “are you in the zone” section gives you a summary of your data for the most recent date compared to your averages over time. Working energy minus optimal energy is zone status (point difference). In weekly webinars (recorded), chats and articles, you will learn how to understand energy and learn how to improve based on what you learn. You will also learn ways to enhance reflective learning and move forward *under even the most challenging times*.

Move your cursor to dates on the trend line, and you can see your comments.

— Optimal Energy — Energy



03.17.20
2:34 pm

Energy: 7.1
Optimal Energy: 7.52

This data goes into your own personal diary. Write down what's important for you. Think about what's positively and negatively affecting your energy at work. These comments will appear in your trend line (you can hover over the number and see what you said).

The report continues with your comments detailed by date, starting with the most recent comment.

Overall, daily energy pulsing takes about 1-2 minutes of your time. If you are too busy, skip a day (or two), and come back to it when you get time. What we can promise – you will learn.

The advantage to participants is having trend data on a metric that we know, from years of research with large and small firms, public and private companies with CEOs, leaders, union workers, nurses, doctors, entrepreneurs, schoolteachers and more ***predicts important personal, team and organizational outcomes.***