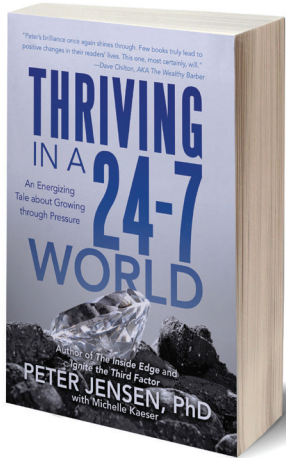


# THRIVING IN A 24/7 WORLD



We live in a world where the number of hours in a day has not changed, yet the sheer volume of demands we face has grown exponentially.

In *Thriving in a 24/7 World*, Peter Jensen draws on his experience working with over 70 Olympic medal winning athletes, their coaches, and thousands of executives at Queen's Smith School of Business to provide an entertaining and insightful tour of the *energy management skills* that elite performers use to help transform pressure into growth.

In the face of 24/7 demands, many people turn to time management strategies in hopes of keeping up with the growing list of to-dos. The challenge with this approach is that often it is time that has control over us. It is the pressure of time that has us forfeiting a well-needed night of sleep, it is the urgency of time that creates for us a wave of anxiety, and it is the limits of time that force us into thinking that we don't have enough of it. Time is the problem it is not the solution.

Energy management, on the other hand, is within our control. By striking a balance between moments of high performance and periods of renewal, ensuring we get enough rest and recovery, and learning the moment-to-moment skills that allow elite performers to turn their energy level up when they are flat or unengaged and turn it down when it gets too high, we can all learn to be more resilient—and to thrive in our own 24/7 reality.

## OVER THE COURSE OF AN ENTERTAINING 90 MINUTES, YOU'LL LEARN HOW TO:

- Monitor your 'arousal level' – the crucial diagnostic tool that allows you to gauge whether your energy level is too high or too low
- Maintain consistent energy levels throughout the day while getting more accomplished
- Use the ABC model to lower energy in high-pressure situations
- Minimize the drain on your valuable energy resources
- Renew and energize throughout the day

## ABOUT THE PRESENTER

PETER JENSEN is the author of three best-selling books, the founder of Performance Coaching Inc., and a longstanding instructor at Queen's School of Business. A dynamic speaker with a Ph.D. in Sport Psychology, Peter has attended 9 Olympic games as a member of the Canadian team and helped over 70 athletes medal. With the world of Olympic sport as a laboratory, he has developed a deep understanding of what it takes to be a successful leader of high performers. Peter is a renowned innovator—bringing coaching and personal high performance to corporations worldwide. As a speaker, Peter has the power to invigorate audiences through his compelling use of humour, personal experiences and concrete, actionable content.



*"Peter made an invaluable contribution to the overwhelming success of this conference on organizational and societal leadership. His teachings—and his manner of teaching—created a deep impression on the participants, all of whom are leaders within their own organizations. In fact, Peter was invited back to speak for a second day."*

—Ian Anderson, Executive Director  
Governor General's Leadership Conference



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