

Seminar: Sustaining Energy and Well-Being

Course Number: 4765

Length: 1 Hour

Primary Delivery Method: Instructor-led online (synchronous)

Alternative Delivery Methods: Instructor-led live classroom

Course Description

Build greater awareness of what helps you function at your best amid the demands of work and life. This practical one-hour learning experience helps you recognize early signals that your energy may be shifting, understand what drains and restores you, and choose intentional responses that fit your needs. You will explore practical reset strategies and identify small actions you can use to support your well-being and reduce the risk of burnout over time.

Intended Audience

This seminar is appropriate for individuals at any career level who want to better understand and manage their own energy and well-being, as well as those who support the well-being of others.

Course Learning Objectives

- Apply practical strategies to manage energy and support well-being for sustained workplace effectiveness

Course Schedule

DAY ONE	
MORNING	Lesson 1: Supporting Energy and Workplace Well-Being

Learning Methods

Individual and large-group exercises; lecture, discussion, polls

Credits

National Association of State Boards of Accountancy (NASBA)

- Field of Study: Personal Development
- CPEs: 1

Professional Development Units (PDUs)

- Credits: 1

Seminar: Sustaining Energy and Well-Being

Continuous Learning Points (CLPs)

- Credits: 1

Prerequisites

There are no prerequisites for this course.

Pework

There is no prework required for this course.

Requirements for Successful Completion

Full (100%) attendance is expected and required. Successful completion of the course depends on full class attendance and active participation in individual and group exercises.

Follow-On Resources

- [Engaging Leadership](#)

Seminar: Sustaining Energy and Well-Being

Ready to Enroll?



See the most recent course information and scheduled classes at this link:
<https://www.managementconcepts.com/course/id/4765>



DON'T MISS OUT

Management Concepts Blog

Weekly Intel for the Federal Workforce

Subscribe