

*The BC Chapter of IFMA presents an event  
you cannot afford to miss!*

# Managing Energy vs. Time

Presented by: **Russell Hunter**

National Director of the Human Performance Institute Canada  
(a short biography of Russell follows)

**Where:** Sutton Place Hotel , 845 Burrard St

**When:** Thursday, November 19th

11:30 am - Reception

12 noon - Lunch & Presentation

**Cost:** Members - \$50 / Guests - \$60



## **Presentation Summary:**

Energy - our capacity to do work - is the foundation for sustainable high performance and results.

A science-based, multi-disciplinary approach to investing and recovering physical, mental and emotional energy will be outlined.

- What you have in common with professional athletes
- How well you currently manage your energy in 4 key areas
- How to recover faster from stress - like an elite athlete
- How to ensure your family and friends get more than your energy leftovers
- Why will power and discipline is overrated
- 3 keys to a consistent, high level of physical energy throughout the day
- How to develop performance rituals to better manage your mental and emotional energy throughout the day

**Participants will leave the session with a clear understanding of how to begin making simple changes that can dramatically impact their performance over time.**

## Register On-line

