

# TIME INTELLIGENCE: MANAGING ENERGY, NOT JUST TIME

Start Date:	30/03/2026	End Date:	03/04/2026
Categories:	Wellbeing & Personal Dev	Venues:	Abu dhabi
Formats:	In Person	Instructors:	Aisha Kamal

## OVERVIEW

This course shifts the focus from time management to energy management—helping professionals align work with their natural rhythms, optimize performance windows, and avoid burnout.

## OBJECTIVES

By the end of this course, participants will be able to:

- Understand personal energy cycles and use them for smarter scheduling.
- Prioritize tasks based on energy demand and cognitive load.
- Eliminate energy drains and design sustainable productivity habits.
- Use time-blocking, batching, and recovery planning for flow.
- Lead teams with awareness of energy rhythms and work styles.

## COURSE OUTLINE

1- Rethinking Productivity: Time vs. Energy 2- Mapping Your Daily Energy Patterns 3- High-Energy Task Planning and Recovery Routines 4- Eliminating Drains and Designing Focus Time 5- Creating an Energy-Intelligent Team Culture

## TARGET AUDIENCE

Professionals, team leads, managers, and high-performers looking to sustainably maximize their output without sacrificing well-being.

## METHODOLOGY

Energy tracking tools, habit audits, task batching labs, recovery design, time-blocking simulations, and group productivity reviews.

## CONCLUSION

Participants will leave with a new productivity blueprint based on managing their energy, not just their hours.

## DAILY AGENDA

### **Day 1: Energy is the New Time**

Explore why energy—not hours—is the true currency of productivity.

### **Day 2: Know Your Energy Zones**

Track your energy peaks and plan work around your natural rhythm.

### **Day 3: Plan to Flow**

Batch tasks and block time for deep focus, rest, and collaboration.

### **Day 4: Cut the Drain**

Eliminate energy-depleting habits and build high-return routines.

### **Day 5: Lead with Energy Awareness**

Apply time intelligence across your team and organization.

*For more information, please contact us:*

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