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TIME INTELLIGENCE: MANAGING ENERGY, NOT JUST TIME

Start Date:	06/12/2026	**End Date:**	10/12/2026
Categories:	Wellbeing & Personal Dev	**Venues:**	Abu dhabi
Formats:	In Person	**Instructors:**	

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

All Supervisory Levels, 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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