

**POWER UP**

# Powering Up Yourself to Power Your Teams



## Agenda

Introduction

Power Outage

Cost of Burnout

Power Management and Recharging

Amping Up

Atomic Habits



TEXAS

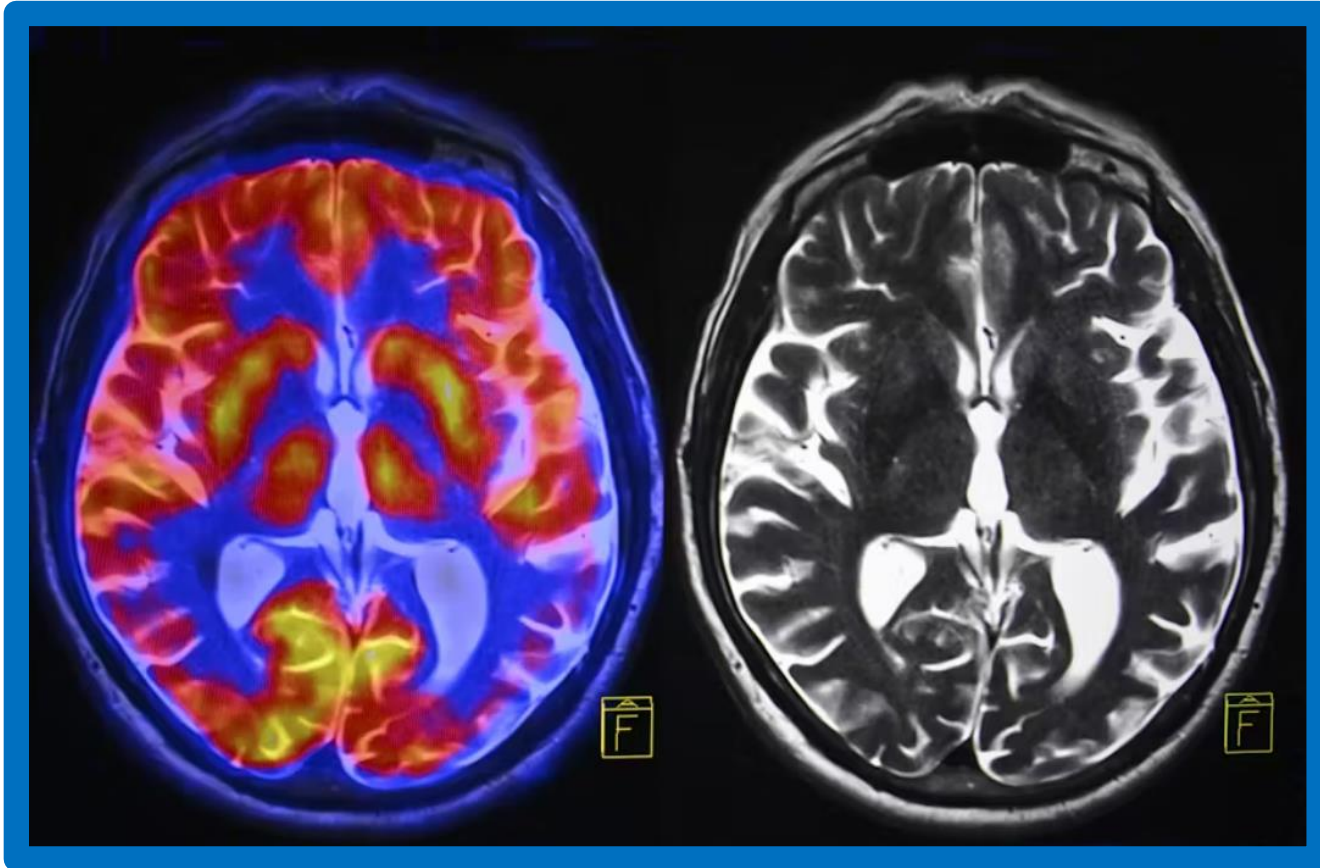




Personal  
Power  
Outage



# Costs of Burnout



## Personal Consequences

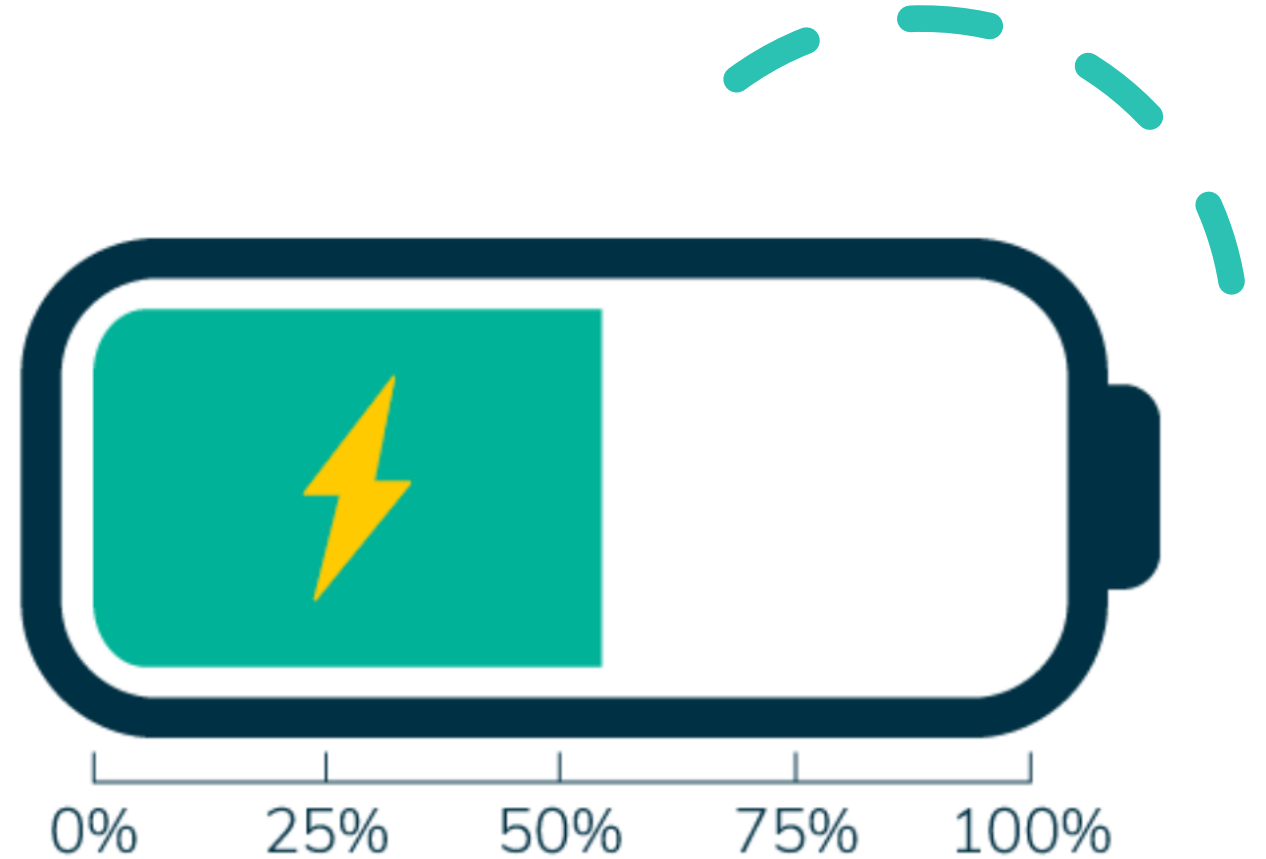
- Decreased Productivity
- Impaired Decision-Making.
- Health Issues

## Organizational Consequences

- Increased Turnover
- Decreased Morale
- Financial Losses



Power  
Management  
and  
Daily Recharging





Practical  
Evidence Based  
Tools





## Mindfulness and Meditation



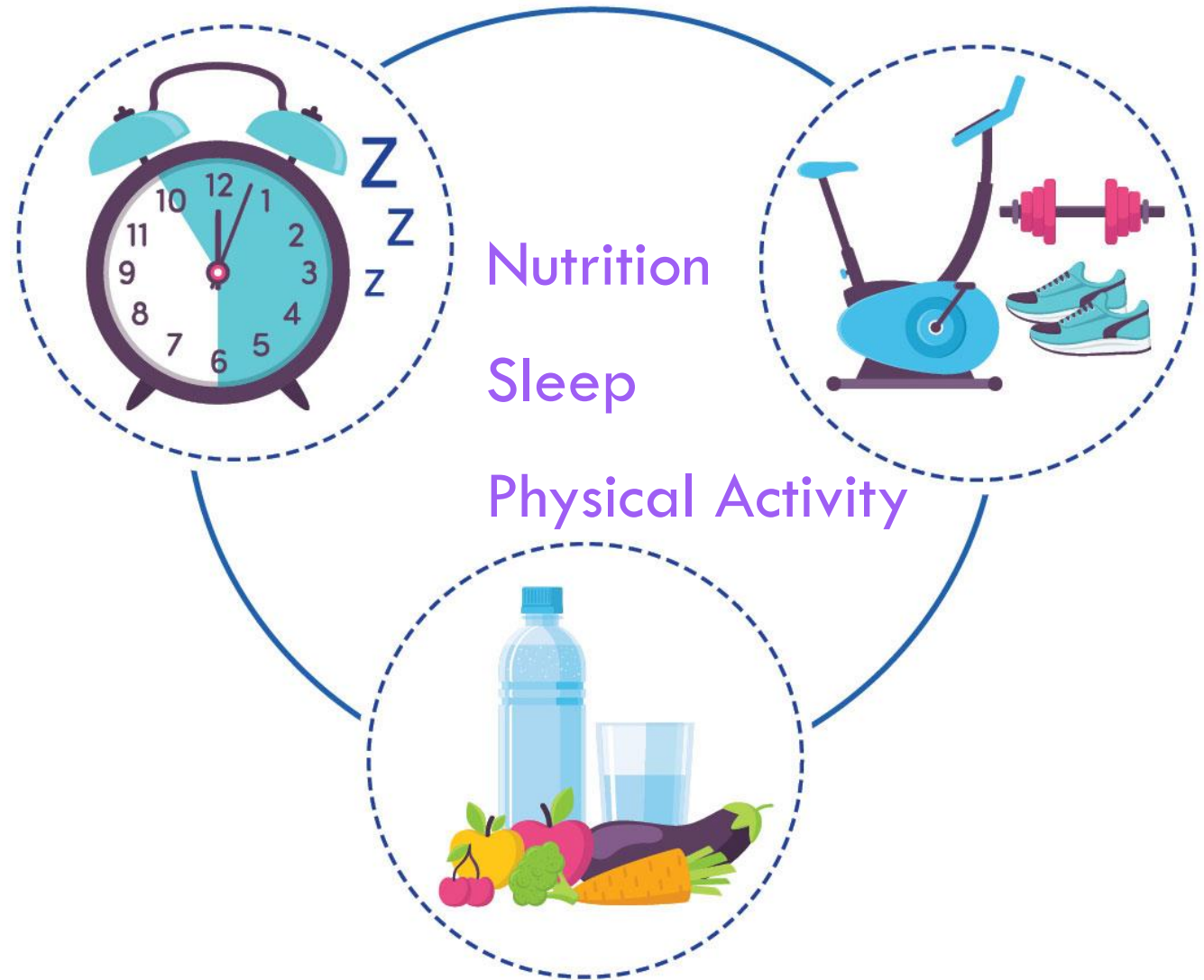
## Time Management and Organization

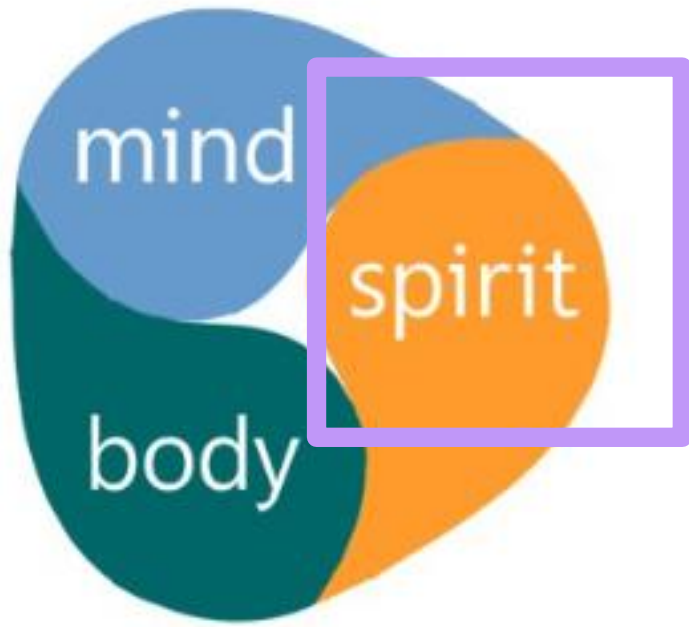
Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
Meeting 8:30-9:00am	Meeting 8:30-9:00am	Task 8:30-9:00am	Task 8:30-9:00am	Task 8:30-9:00am
Meeting 9:00-9:30am	Task 9:00-9:30am	Task 9:00-9:30am	Task 9:00-9:30am	Task 9:00-9:30am
Task 10:00-11:00am	Task 10:00-11:00am	Meeting 10:00-11:00am	Task 10:00-11:00am	Task 10:00-11:00am
Lunch 12:00-1:00pm	Lunch 12:00-1:00pm	Lunch 12:00-1:00pm	Lunch 12:00-1:00pm	Lunch 12:00-1:00pm
Personal time 1:00-2:00pm	Task 1:00-2:00pm	Task 1:00-2:00pm	Task 1:00-2:00pm	Task 1:00-2:00pm
Task 2:00-3:00pm	Meeting 2:00-3:00pm	Task 2:00-3:00pm	Task 2:00-3:00pm	Task 2:00-3:00pm
Meeting 3:00-4:00pm	Meeting 3:00-4:00pm	Meeting 3:00-4:00pm	Meeting 3:00-4:00pm	Meeting 3:00-4:00pm
Meeting 4:00-5:00pm	Meeting 4:00-5:00pm	Meeting 4:00-5:00pm	Meeting 4:00-5:00pm	Meeting 4:00-5:00pm

## Hobbies/Interests









Social  
Connections



Gratitude



# Circumstances That Require “Amping Up”



# “Amping Up”

## *Increasing the power output or capacity*

This involves taking steps to generate and deliver more power to meet sudden increased demand for energy

This can be achieved through various methods, such as:

- Increasing generation:
- Reducing demand:
- Improving transmission:
- Storing energy:



By "amping up" we can ensure that there is sufficient power available to meet the needs of our team and maintain "grid stability".

# Atomic Habits\*

The term "atomic" refers to the smallest unit of matter, and in his book "Atomic Habits", James Clear uses this analogy to illustrate how tiny, seemingly insignificant actions can have a profound impact over time.

Just as atoms combine to form complex molecules, small habits can accumulate to create significant changes in our lives.

By making small, consistent improvements, we can achieve remarkable results.

## QUOTES BY JAMES CLEAR:

*You do not rise to the level of your goals. You fall to the level of your systems.*

*A very small shift in direction can lead to a very meaningful change in destination.*

*The most practical way to change who you are is to change what you do.*

*You should be far more concerned with your current trajectory than with your current results*



Thank you

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