

TIME IS A FINITE RESOURCE.
ENERGY IS A DIFFERENT STORY.

OPTIMIZED. ENERGIZED.

Anticipating tomorrow
Navigating change
Motivating performance

A NOVEL APPROACH TO DRIVE ENGAGEMENT, PRODUCTIVITY,
FOCUS, AND INNOVATION IN TIMES OF CHANGE

*"It's our natural state to have energy,
to think clearly, and to be in a good mood."*

THE PROBLEM

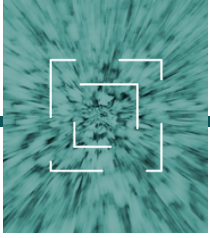
In a world in crisis, leaders and their teams are called to face extraordinary challenges. They need to be consistently productive and sustain high performance. For this, optimizing personal and collective energy is a priority. Organizations need to energize the workforce and transform to accommodate new working environments with mixed and remote teams.

THE SOLUTION

The science of high performance can effectively reenergize workforces, helping organizations shift to providing the tools for teams to be motivated—and able—to bring more of themselves to work every day, whatever the circumstances. By recognizing the costs of energy-depleting behaviors, individuals can take responsibility for changing them.

Based on science and practices culled from top performers, we explore mindset and behaviors to enable people to recognize what is depleting their energy, diminishing their emotional resilience, inhibiting their focus, and weakening their motivation. The objective is to zero in on key actions and behaviors that optimize energy, done at precise times, with goals and accountability.





New working environments and remote teams

It takes energy to move mountains with a team, to be dialed in, thoughts crystal clear, concentration on point, even when the bombs are going off. And today's new working environments and remote work up the demand further.

The Optimized. Energized. method helps leaders and teams to balance intense focus with regular renewal:

- To be more effective
- To be more engaged
- To do their best work
- To feel a sense of balance



The high-performance zone

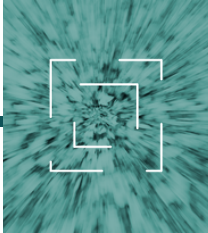
Three pillars cover the main contributors to the optimal energy and motivation needed to move into the high-performance zone—where individual performance boosts organizational results.

- **Reboot.** It is scarcely news that inadequate nutrition, exercise, sleep, and rest diminish people's basic energy levels, as well as their ability to manage their emotions and focus their attention. Nonetheless, many executives don't find ways to practice consistently healthy behaviors, given all the other demands in their time. Biohacking offers a novel, individualized approach to affecting behavioral change.
- **Rebalance.** How people focus their energy impacts creativity, prioritization, and productivity. It is both personal and collective, dependent on individual systems and overall environment. Human potential coaching combines the best of positive psychology, success and performance coaching.
- **Reconnect.** The quality of one's energy impacts communication, resilience and relationships. When people are able to take more control of their emotions and mindset, they can improve the quality of their energy, regardless of the external pressures they're facing. Additionally, meaning, purpose, and individual values fuel engagement and productivity.

ANNE TRAGER, CHPC, ACC (ICF)

MORE ENERGY | MORE TIME | MORE FOCUS

+33 6 81 01 98 35 | WWW.ANNETRAGER.COM | CONTACT@ANNETRAGER.COM



The art and science of showing up fully

60 - 90 minute virtual events

Tailored in-person and/or online workshops/training

Perfect for:

- Senior executives
- Mid-tier managers
- Emerging leaders
- Any leader desiring to live to their fullest potential

The participants walk away with:

- Proof that energy, not time, separates the good from the great
- A map to the high-performance zone and how to get there
- 3 strategies to show up full throttle no matter what
- What your mom never told you about brain energy and how to harness it for sharper decision-making, memory, and creativity
- Why we need to stop trying to be as smart as our smart phones and the art of staying productive in a chaotic world
- The #1 tool to change your mindset and communications skills with others
- How to more effectively manage & navigate change to build resiliency
- Strategies to use good habits and lose bad ones
- How to differentiate good stress from bad stress and use it to perform better



Biohacking?

It is the art and science of optimizing body, mind, and environment to find out how you perform at your best. Based on the latest research and time-proven techniques, it follows the principles of maximum impact with minimum effort, looking at the individual within his or her ecosystem, experimentation, tracking, and personal choice.

1-on-1 and group human potential coaching

The buck stops with leaders all day long, but who holds them up? High performers and leaders need to have someone they can “not know” with, a non-judgmental ally they can really talk to. As a Certified Human Potential Coach, I’m trained to support leaders through change. Together, we co-create a framework to meet your needs so you can have the energy, time, and vision you need to meet your goals and get the most out of every day with the latest biohacking techniques.

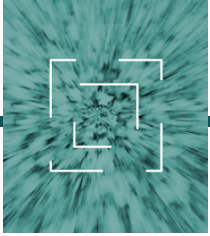
- We’ll cut through the crap and quickly figure out what you need to do next.
- I’ll challenge you to do it.

This is not a diet. It’s not a yoga class. It’s not another fad. This is full-spectrum, step-by-step, no-nonsense program combining premium coaching and curated resources.

ANNE TRAGER, CHPC, ACC (ICF)

MORE ENERGY | MORE TIME | MORE FOCUS

+33 6 81 01 98 35 | WWW.ANNETRAGER.COM | CONTACT@ANNETRAGER.COM



Who is this for?

Senior executives and leaders. Creating an optimized, energized corporate culture starts at the top. Leaders are introduced to the latest top performance techniques and science to boost decision-making, drive change, and create optimal conditions for teams, with a focus on efficiency and productivity. Together we develop a strategy for the rest of the organization.

Managers. Team creativity and resilience stems from consistently high energy levels. Managers are key drivers. They begin with the energy audit and the basic training sequence, followed by group workshops and/or individual coaching to pinpoint both individual and group actions to increase energy levels, with objectives and accountability.

Teams. Individual energy audits and the basic training sequence allow teams to pinpoint individual actions to increase energy levels. This can be accompanied by group workshops and/or individual coaching. Mutual accountability and joint performance is difficult for a team on its own to achieve. Therefore, they often benefit from working with someone outside the team to facilitate their development.

Who is this by?



Anne Trager is a straight-talking optimist committed to building a positive future, one person at a time. She does this by opening doors to the possibilities that come from having more energy and time. She believes we all have what it takes to show up fully and thrive among chaos of today's time-crunched, information-overloaded, ever-changing world.

- Certified Human Potential Coach (Human Potential Institute)
- Associate Certified Coach (ACC), International Coaching Federation
- Trained in success coaching, emotional intelligence, positive psychology
- Trained in mindfulness and biohacking
- Black belt and French national champion in Vietnamese martial arts
- 25+ years in international corporate communications



ANNE TRAGER, CHPC, ACC (ICF)

MORE ENERGY | MORE TIME | MORE FOCUS

+33 6 81 01 98 35 | WWW.ANNETRAGER.COM | CONTACT@ANNETRAGER.COM