



## Renewable Human Energy - Tapping Your Key Resource

*How energy management can increase productivity and well being at the same time!*

As leaders have begun to realize, thriving employees mean thriving organizations. Often, however, efforts to promote well-being translate into more things, more activities, capital investment, and sometimes even more stress!

Keep it simple! *This coaching program focuses on the key resource you already have* - Energy - and how simply learning to use it differently will increase not only well-being and productivity, but creativity and innovation. Whether it's physical, mental or emotional, when energy is flowing it has a natural momentum and power. It also has a magnetic quality so learning to direct it increases effectiveness, as well as efficiency. In this program, we learn:

- to recognize the state of our energy and learn how it works
- tools and techniques to increase energy and to minimize drains
- how to invest it wisely, with the greatest ROI

Simplicity and internally-generated change are the most effective and sustainable paths to any goal. Invest in your employees by giving THEM the tools to feel good and work well.

Lisa Buell has spent a decade coaching individuals to master energy management in all areas of their lives. The concept of FLOW, commonly known as a mental state, is a refreshing and innovative approach to physical health, which is the foundation for optimal emotional well-being and mental acuity. The three cannot be separated.

Energy management allows Lisa's clients to address the complexities of their personal and professional lives by simply focusing on one thing - the source of everything.



### Led by Lisa Buell, ACC

Lisa Buell is an evolutionary leader and coach. In addition to 12 years as an ICF certified coach and decades of entrepreneurial experience, she also brings expertise in transformational movement, expressive arts, and nature-based learning - all proven practices for maximizing energy flow and making the shift from problem-solving to creative and innovative, solution-based thinking. This holistic approach invites her clients to access their full capacities to thrive.

She is a certified *JourneyDance™* and *Painting from the Source™* facilitator, and is a trained Rites of Passage Vision Quest guide.

**Phone: 802-654-8787**

**Email: [lisa@coachingcenterofvt.com](mailto:lisa@coachingcenterofvt.com)**

Vital Wellness is a division of:



[www.coachingcenterofvt.com](http://www.coachingcenterofvt.com)

802-654-8787 or toll free: 877-619-2814

76 Pearl Street, Suite 204  
Essex Junction, VT 05452

Length and pricing of program can be tailored to your organization's needs.