

September – Energy Intelligence for Leaders: Driving culture and sustaining performance

Tuesday 22 September 2026

2:00–3:00 pm UK Time | 9:00–10:00 am US Eastern

Introduction

For today's senior leaders, the challenge isn't just managing time or tasks – it's sustaining the energy that fuels performance, decision-making, and resilience. The way leaders manage their energy doesn't just affect themselves; it cascades across teams and shapes the entire organisational climate. This webinar explores how leaders can apply energy management practices to operate at their best, unlock team potential, and sustain high performance in fast paced and changing environments.

What it is

Energy Management is the deliberate practice of understanding and directing energy across four domains: physical, emotional, mental, and relational. It brings awareness to when energy needs to be evaluated, built, released, stabilised, or aligned to meet leadership challenges. For senior leaders, it's about cultivating energy intelligence, knowing when to push, when to restore, and how to role-model sustainable performance for others.



Heather

Heather is an experienced executive coach, mentor and strategic partner with over 40 years' people-leadership experience across industries including financial services, retail, engineering and the public sector. She helps leaders unlock their energetic edge, cultivating resilience, clarity and sustainable performance. Combining her leadership experience with energy-based coaching approaches, Heather enables leaders to direct their physical, emotional, mental and relational energy with purpose. Recognised for her practical and insightful style, she empowers leaders to regulate energy under pressure and create conditions where teams thrive.

The benefits

- Sharper performance under pressure: Leaders learn to regulate their own energy to remain focused, calm, and decisive in high-stakes moments
- Stronger, more resilient teams: By modelling energy-intelligent leadership, leaders create a collective energy that boosts engagement and reduces burnout
- Sustained leadership impact: Energy practices enable leaders to sustain their influence and effectiveness over the long term, avoiding the "burn bright, burn out" cycle

Key outcomes

By the end of the webinar, participants will:

1. Understand the four dimensions of energy and associated energy management practices, and their relevance to everyday leadership effectiveness
2. Apply practical strategies to manage energy before, during, and after critical leadership moments (e.g., strategy meetings, stakeholder negotiations, crisis decisions)
3. Identify how to role-model and embed energy management practices within their teams and across the wider organisation