

Bristol MBA - Information for Postgraduate Education

Energy Workshop

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On March 15th the Association of MBAs offered a workshop with Jo Salter at the Aston Business School.

Although I had been feeling a loss of energy filled with dissertation blues I had just enough to book myself onto this workshop and face the drive from Bristol to Birmingham. Was it worth it? Overwhelmingly, yes it was. Jo managed to condense seven basic techniques into the session aimed at regaining and refocusing energy as a major source of creativity. She began by getting us to focus on taking responsibility for the outcome of our actions [and others] and then asked us to reflect on our own personal journey through visualising what we would do if we knew we couldn't fail. Not everyone choose a career objective, for some this was about other priorities in their lives. She asked us to apply this to an aspect of our future using a visualisation technique introducing a physical prompt of pressing together forefinger and thumb to create an anchor for this energy boost, to repeat when energy is low. Jo introduced two techniques that stimulate creativity, the superhero, as a further visualisation, which is an unconstrained point of view, encouraging you to see the world through their eyes and "turning down the tuner" the self-doubting voice that lives in our heads often stops us realising our potential.

It ended with a Q & A session that did answer questions for dealing with energy sapping experiences of corporate live and "energy vampires" that drain both our energy and creativity.

I look forward to reading her forthcoming book "For the Love of Energy" with co-author Dan McCarthy who also made some insightful contributions to the session.

On a personal note, she has helped me see how I can get back on track and start the process of prioritising what is important to my future.