



WORDCAMP
LISBOA 2023

IN POWER

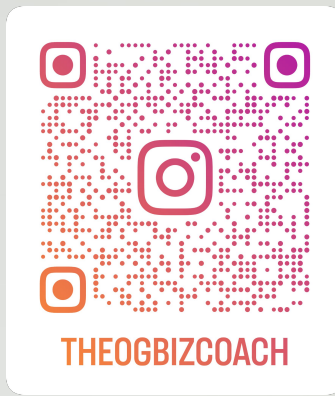
Life & Business Coaching workshop

Olga Kirillova

**Pumped to be
here today!**

Olga Kirillova

Founder & CMO of
mettaCOaching



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&



OUR PROCESS TODAY



Role of Energy in Life & Business

- Biochemistry of our energy
- Importance of mastering your energy
- Energy Leadership™ Framework

Energy Leadership™ Framework

- Understanding the framework
- Partner exercises

Practical tools to raise your energy

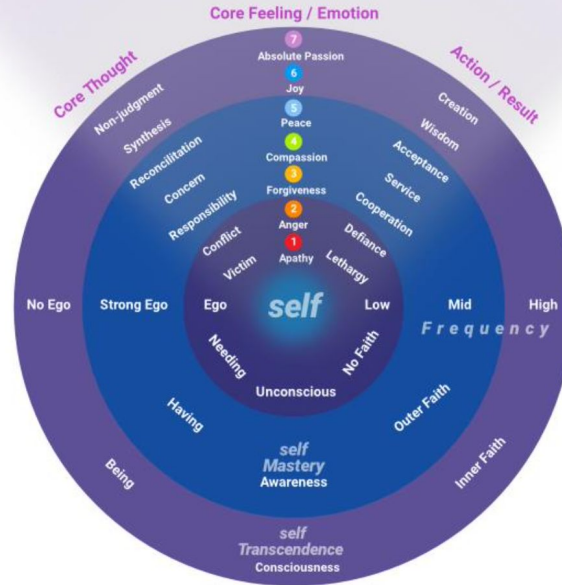
- CTFAR self-coaching model
- Forwarding



Role of Energy in Life & Business

Understanding how to regulate your energy levels will help you inspire and motivate yourself and others, feel a greater sense of purpose, get more done with much less effort and stress, and accomplish more in your life & business.

Energetic Self Perception



Biochemistry behind our energy

Anabolism is the set of metabolic pathways that construct molecules from smaller units.

Anabolism is the building-up aspect of metabolism.

Anabolism requires energy to grow and build.

Catabolism breaks down large molecules into smaller units.

Catabolism is the breaking-down aspect of metabolism.

Catabolism uses energy to break down.

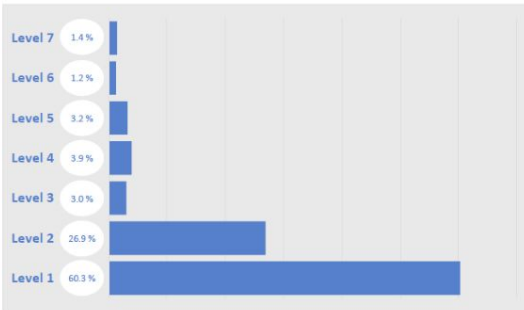


CARSTEN 2020

Your Energetic Profile



Your Energetic Stress Reaction



Your Average Resonating Level of Energy (ARL) is 2.58.

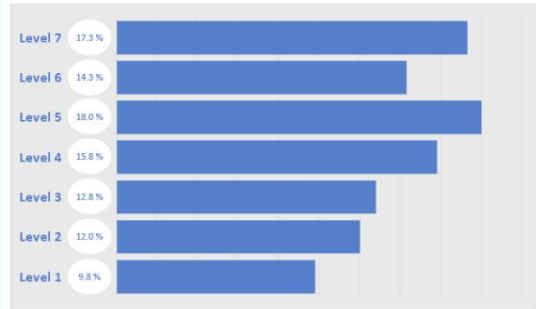
Forbes

3. Energy Leadership Index Assessment

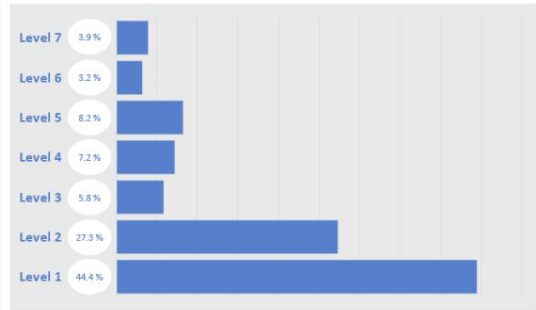
The Energy Leadership Index Assessment provides a unique lens on self-awareness and emotional intelligence, two key ingredients for any leader. Situational awareness of yourself and others is critical for a leader to respond appropriately to the people in their charge. Understanding where you are at any moment and how you respond to stress can make all the difference. - Larry Boyer, Success Rockets LLC

CARSTEN 2022

Your Energetic Profile



Your Energetic Stress Reaction



Your Average Resonating Level of Energy (ARL) is 3.32.

ENERGY LEVELS DEBRIEF

1. Inaction

2. Aggression

3. Compromise

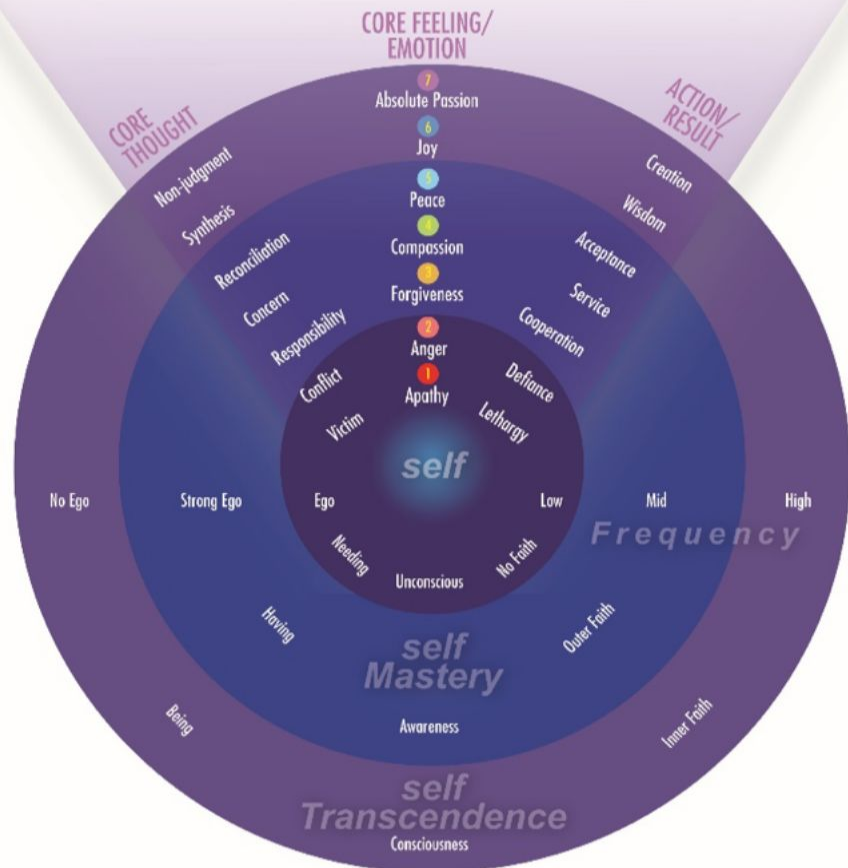
4. Service

5. Opportunity

6. Flow

7. Creation

Energetic Self Perception



CTFAR Self-Coaching Model

CIRCUMSTANCE
YOUR CURRENT MODEL
THOUGHT

FEELING

ACTION

RESULT

CIRCUMSTANCE
YOUR NEW MODEL
THOUGHT

FEELING

ACTION

RESULT

CIRCUMSTANCE
YOUR NEXT LEVEL MODEL
THOUGHT

FEELING

ACTION

RESULT

**One thing
that stuck
out for you
today**

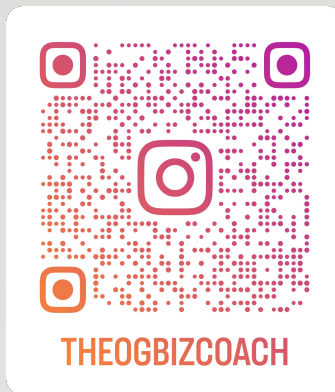
**What action
could you take
to put this
learning into
practice?**



Thanks!
Any questions?

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