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ENERGY STEWARDSHIP

**BURNED-OUT TEAMS
DON'T INNOVATE.
THEY COMPLY.**

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THE SHIFT

Time management is basic.

Energy management is

leadership.



THE CONTRAST

Busy doesn't equal effective.

Focused does.



BUILD IT

- **Protect deep work blocks**
- **Audit energy drains**
- **End meetings early when possible**
- **Model recovery**



WHAT IS QUIETLY DRAINING YOUR TEAM RIGHT NOW?

STONE SOUP COACHING

