

## THE ENERGY UPGRADE

### Show-up and Step-up

## How to boost human energy for extraordinary performance

Every business challenge is a people challenge – and every solution starts with energy. Chris shows why human energy is still the most scalable advantage in a world obsessed with technology. With humour, insight and practical tools, he helps audiences discover how to manage their energy, not just their time - creating teams who show up hungry, alive, and ready to deliver brilliant results.

### PEOPLE LEAVE WITH...

- A sharp wake-up call that energy is the fuel behind every result that actually matter.
- Simple, practical ways to lift focus, motivation and momentum without adding more to the to-do list.
- The ability to show up differently – more present, more alive, and ready to contribute.
- A shared, human language for creating cultures that feel better and perform better.

### THE RESULT?

Clearer thinking. Braver choices. And the ability to achieve more with their unique talent, every day.



Chris Baréz-Brown is a modern-day prophet. He has a gift... An uncanny ability to inspire change-agents in my organization. Everything he touches turns to gold and shines ever so brightly. He is our Elvis.

KEITH WILMOT. THE COCA-COLA COMPANY