

CHRIS BARÉZ-BROWN

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

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