



energesse



LEADING MYSELF THROUGH TIMES OF CHANGE

6e's for Improving your Life & Work Experience

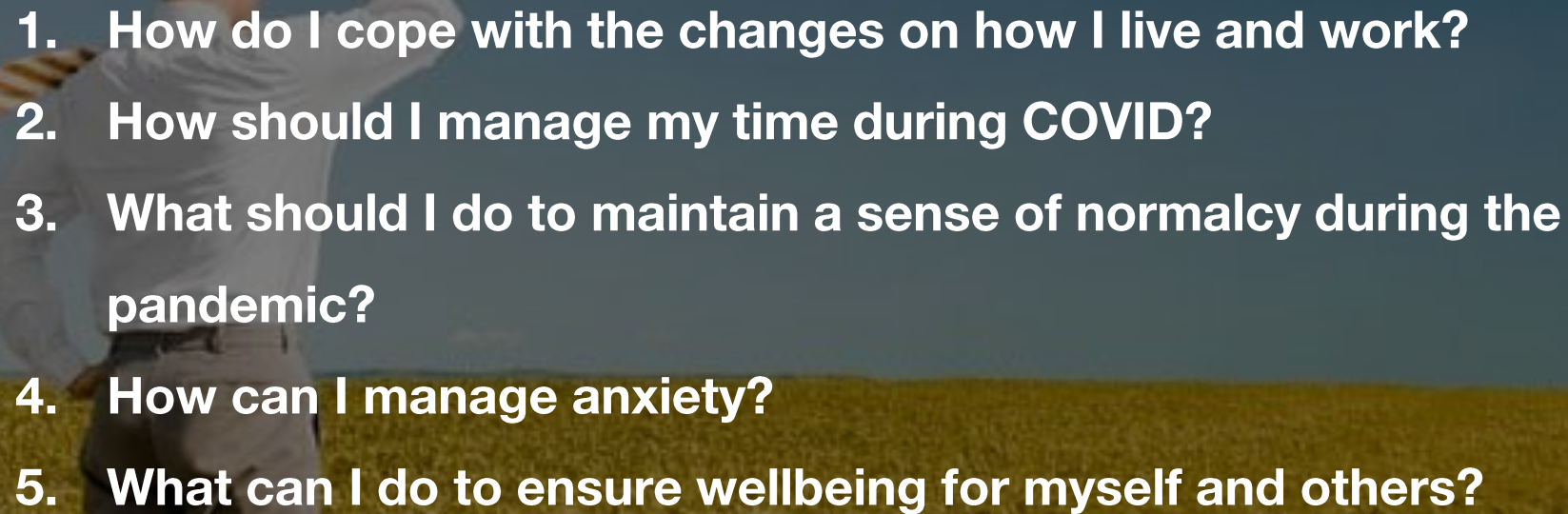
Dr Avnesh Ratnanesan a.k.a. DR. AVI




COVID-19 has placed an unprecedented burden on healthcare, workplaces & individuals



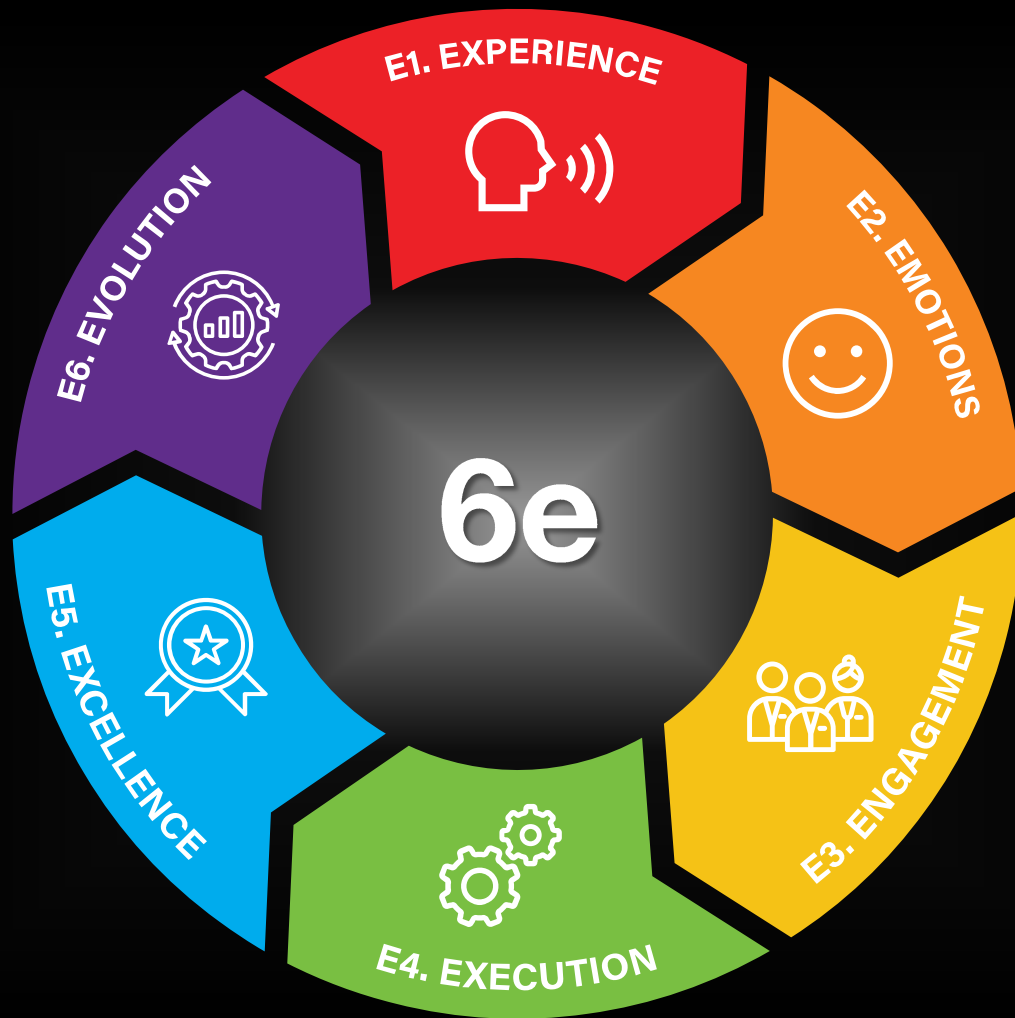
PERSONAL CHALLENGES WE FACE DURING COVID-19

- 
1. How do I cope with the changes on how I live and work?
 2. How should I manage my time during COVID?
 3. What should I do to maintain a sense of normalcy during the pandemic?
 4. How can I manage anxiety?
 5. What can I do to ensure wellbeing for myself and others?

PROGRAM OBJECTIVE – BY THE END OF THIS, YOU WILL

- 
1. Have clear actions to lead yourself through change and improve your life experience
 2. Better path to your well being
 3. Less fear and anxiety toward the future
 4. More clarity on your purpose
 5. More compassion toward well being of others

SELF LEADERSHIP: 6e's FOR IMPROVING YOUR INDIVIDUAL LIFE EXPERIENCE



Experience: How to understand & measure your life experience

Emotions: Manage your emotional intelligence & expectations

Engagement: Understand your motivators and purpose

Execution: Implement actions and adopt new behaviours

Excellence: Achieving success with your goals

Evolution: Priorities for sustaining personal growth

EXAMPLE – COVID-19 EMOTIONAL CHANGE IN HUMAN EXPERIENCE



EMOTIONAL CHANGE CURVE



<https://www.nra.net.au/managing-change-workplace/change-curve/>

COMMON HUMAN MOTIVATORS

Intrinsic Motivators

1. Love
2. Authority
3. Achievement
4. Connection/ Camaraderie
5. Recognition
6. Equity / Fairness
7. Freedom / Independence
8. Safety & security
9. Purpose & helping others
10. Emotional Pain / Mental Stress

Extrinsic Motivators

1. Money/ Wealth / Salary / Bonus
3. Power & Titles
4. Gifts & Material objects
5. Sex
6. Physical intimacy
7. Entertainment – Music, TV, live shows
8. Physical Pain

**IDENTIFYING
YOUR
IKIGAI =
PURPOSE**



EXAMPLE ACTIONS TO LEAD YOUR MENTAL & EMOTIONAL WELLBEING

1. Journal your thoughts and feelings to reflect on your day
2. Listen to feedback from friends and family t specifically affects your health and wellbeing
3. Practice Mindfulness or Meditate
4. Repeat and review your actions from this program daily/weekly & monthly
5. Help others with their health & wellbeing





YESTERDAY I WAS CLEVER,
SO I WANTED TO CHANGE THE WORLD.

TODAY I AM WISE,
SO I AM CHANGING MYSELF.

~ RUMI

DR AVI'S LIVED EXPERIENCE

- Health & Wellbeing Expert, Futurist, Author, Speaker
- 25 years experience in health & business
- Speaking globally on healthcare future, strategy, leadership, wellbeing and data
- Work with doctors, practitioners, patients, insurers, consumers & government, customers
- Mentor businesses and executives
- Authored leading research in health & business management



HEALTH & MANAGEMENT LEADERSHIP EXPERIENCE





energesse

DR. AVI

avnesh@energesse.com