



How to Manage Energy in Times of High Uncertainty

90 min workshop

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doctoramina.com

Plan

- 1. Energy basics**
=> upgrade your self-care and personal development practice to feel more empowered
- 2. Energy deeper principles**
=> upgrade your mindset to fulfil your true potential as a visionary, leader, and human!
- 3. Going further**
- 4. Q&A**

The community



**High achieving
professional who feels
overwhelmed or scattered**



**Visionary leader who feels
stuck or uninspired**

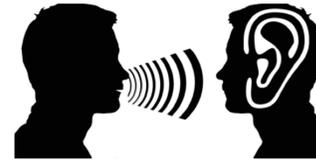


**Lifelong learner who feels
there's more to discover...**

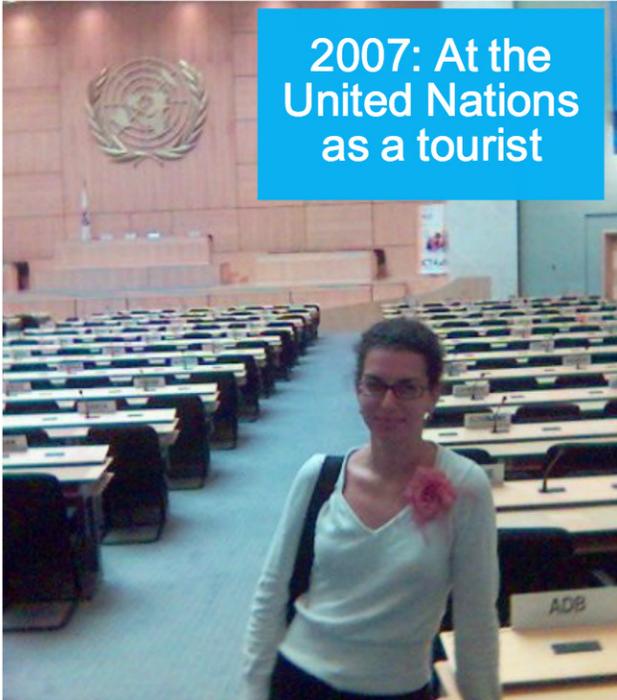


**Changing career,,
changing lifestyle,
entrepreneurs**

Terms of engagement!



1. Listen for insight not agreement (*one insight can change your life!*)
2. Time, attention, and depth not quick fixes
3. Transformation not information



2007: At the
United Nations
as a tourist



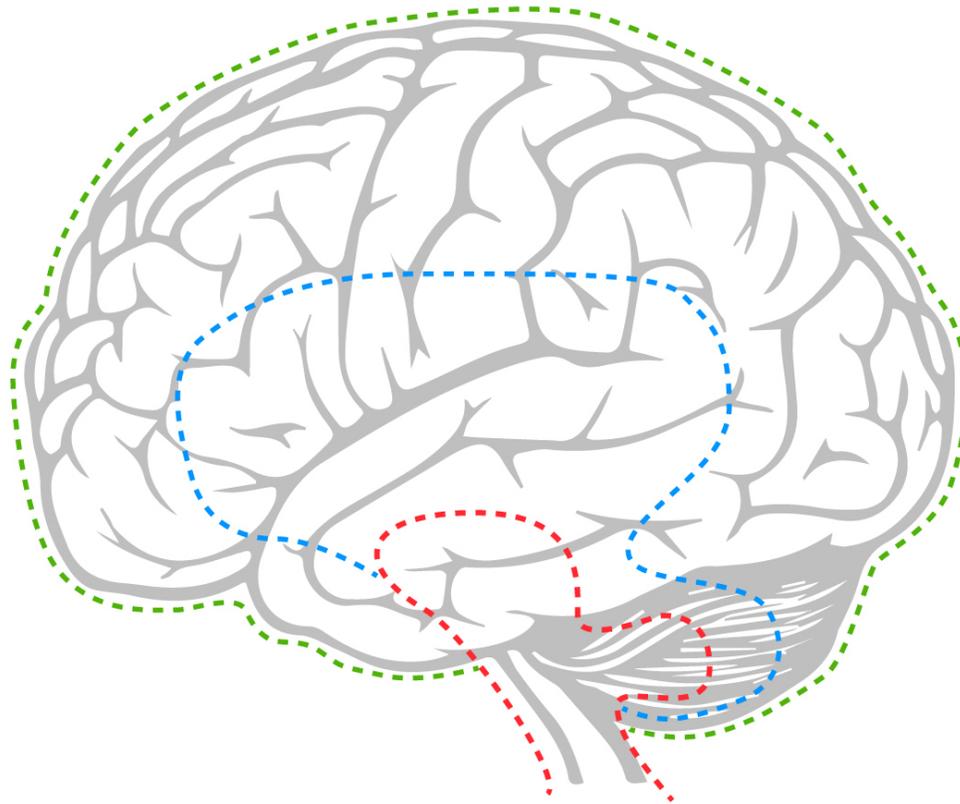
2015: At the
United Nations
as a delegate

- Doctor
- Scientist
- Specialist
- “Seeker”
- Trusted advisor, mentor, coach



WHO
ARE
YOU?

The brain is an energy allocation machine.



PRIMATE LEVEL (NEOCORTEX)

Attaching to others = connection.

Thinking, language, empathy,
planning and inhibition of impulses.

MAMMALIAN LEVEL (LIMBIC)

Approaching rewards = satisfaction.

Feelings, motivation, interaction,
bonding, implicit memory.

REPTILIAN LEVEL (BRAIN STEM)

Avoiding harms = safety.

Sensation, arousal-regulation and
initiation of movement impulses.

Uncertainty



The 5 hindrances

1. Restlessness and agitation
2. Aversion and ill-will
3. Sensory pleasure
4. Sloth and torpor
5. Doubt

Primary Categories of Macro-Threats



1 Financial Shock



2 Trade Dispute



3 Geopolitical Conflict



4 Political Violence



5 Natural Catastrophe



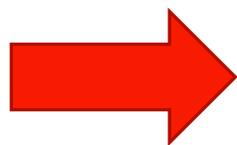
6 Climatic Catastrophe



7 Environmental Catastrophe



8 Technological Catastrophe



9 Disease Outbreak



10 Humanitarian Crisis



11 Externality



12 Other Shock

ONE

Slow down and
do the basics
(kindness)



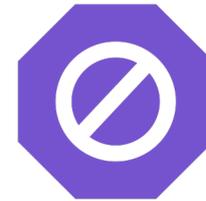
**Energy in = energy
out**



Body / Mind



**Diet, Exercise,
sleep, stress release**



HALT

Energy audit

What energises you

Physical

Emotional

Mental

What drains you

Physical

Emotional

Mental

Experience

TWO

Open up
(coherence not
rollercoaster)

	POSITIVE STORY	NEGATIVE STORY
HIGH ACTIVATION	Excitement	Anxiety
LOW ACTIVATION	Rest	Guilt

Power

=

Energy

×

Time



Power

=

Energy

×

Story

Action / Inaction

Emotions

Thoughts

Awareness





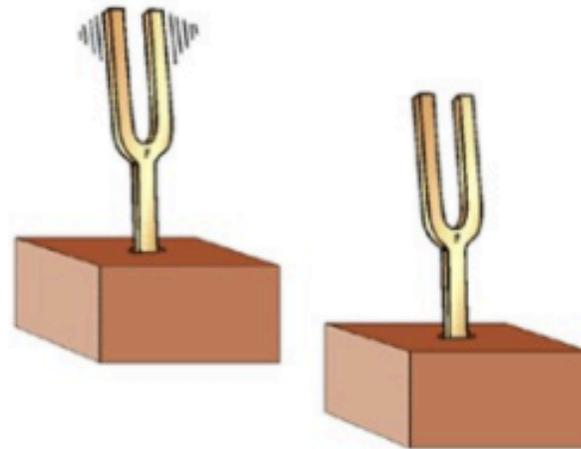
IKIGAI AND ENERGY

Coherence

- 1 The quality of being logical and consistent.
- 2 The quality of forming a unified whole.

Resonance: occurs when an object absorbs energy from vibrations that are at its natural frequencies

If one tuning fork is struck, its vibrations will cause the second one to start vibrating if they both resonate at the same frequency.





IKIGAI AND ENERGY

THREE

Stay aware with
inner-work
(focus)

- One thought at a time
- HAPI
 1. Open
 2. Focused
 3. Kind

Enquiry

■ HAPI

1. The belief
2. The pros and cons of this belief
3. Life without this belief
4. The opposite of this belief
5. Your insight and commitment



I honestly experienced the best ten minutes of self-inquiry of my life during a pair exercise questioning limiting beliefs. After getting to the root of a belief I held about myself, some deep-seated feelings of anxiety I was holding on to simply vanished. This made solving the challenges I had in the weeks to come so much easier.

Alicia Ex-banker

Where we started?



High achieving professional who feels overwhelmed or scattered



Visionary leader who feels stuck or uninspired



Lifelong learner who feels there's more to discover...



Changing career, entrepreneur, changing lifestyle

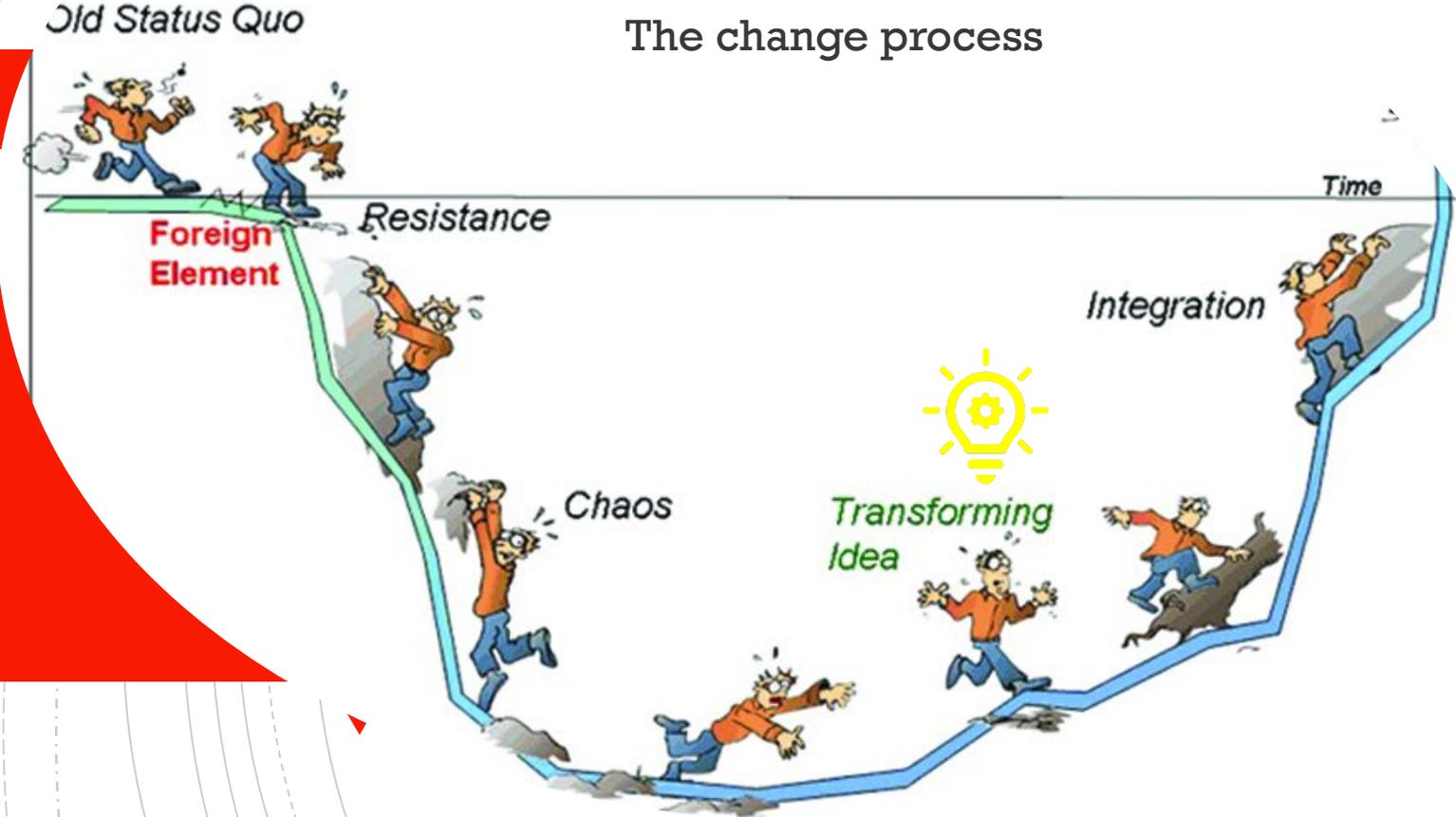
What we've
covered

1. Slow down and do *the basics*
[kindness]

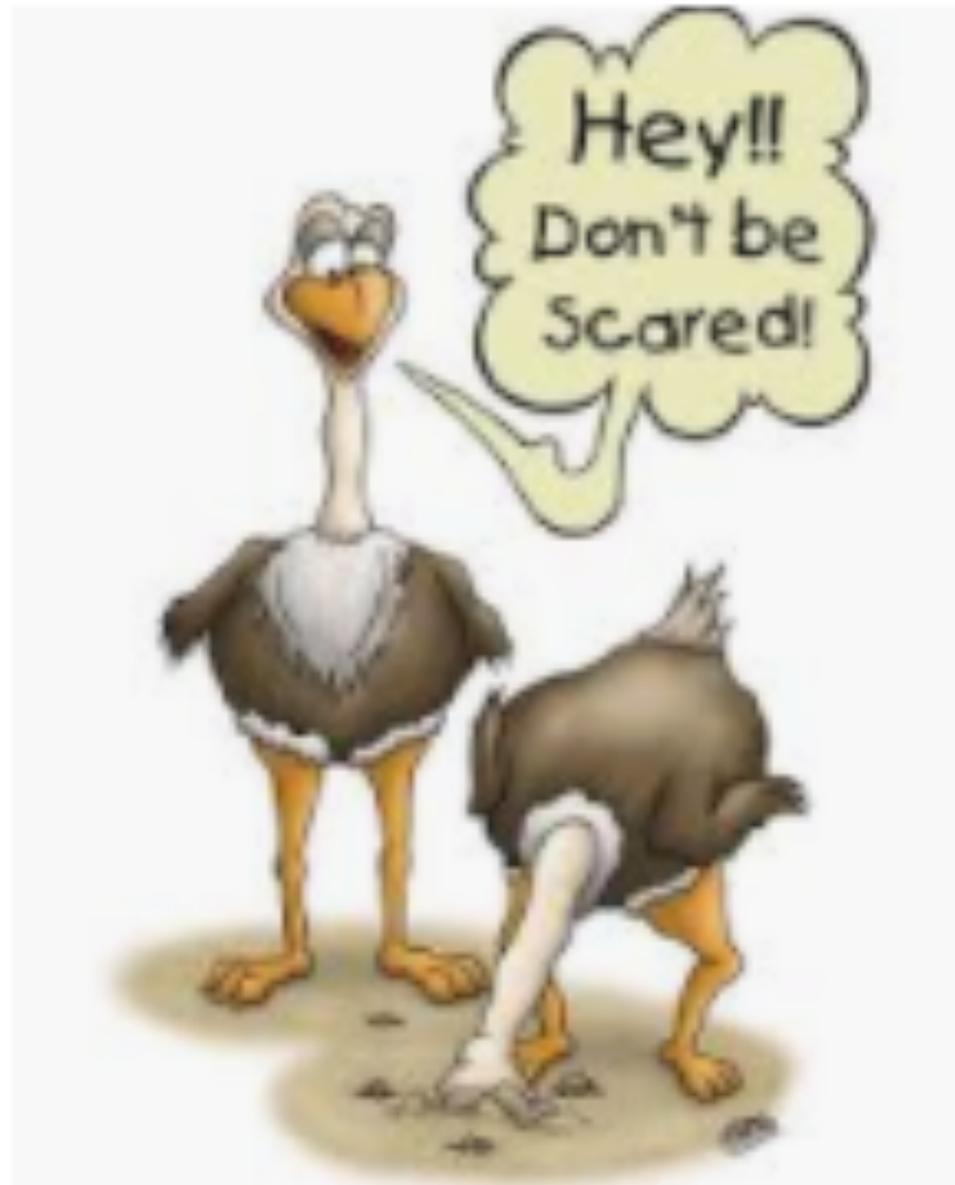
2. Open up and choose
[openness]

2. Stay aware with *inner-work*
[focus]

The change process



Check in



Going Deeper

- **Community**
- **Deeper enquiry**
- **Address limiting beliefs and blind spots effectively**
- **Protected time to slow down and shift your mindset/state**



The top 5 challenges of leadership

Yes, the challenges of influence, time management, conflict management, energy management and people management exist. But leadership is more than "management". The real challenges are:

- 👤 It can be lonely.
- 👤 Lack of guidance.
- 👤 Little structure.
- 👤 A lot of uncertainty.
- 👤 Higher stakes and exposure.

Who does a leader talk to? Who supports them on a deep and meaningful level as they lead others?

I believe that you only need 3 things to be a powerful leader

- 🔑 Trust in your inner-voice (through presence)
- 🔑 The courage to act on it (your true power)
- 🔑 The willingness to share your message (and sense of possibility)

PRESENCE POWER POSSIBILITY

ADVANCE YOUR LEADERSHIP

Time to go beyond the maze of tools, techniques, and strategies and break through what's really holding you back from being the powerful and heart-centred leader that you know you are.

[JOIN TODAY](#)





Amina helped me step up in leadership amid uncertainty where imposter syndrome would have held her back. My confidence increased professionally and has led me to a current role in the COVID19 pandemic effort which I would never have thought I would do. Amina's coaching method is guiding rather than directing and I feel everyone could benefit from that.

Durga, Leadership team, Doctors Without Borders, UK.



"I would recommend Amina in a heartbeat to anyone who wants to deal with the increasing complexity of professional life. She's kind but firm, compassionate and practical. In short, everything you would ever want in a coach."

Chris, Humanitarian and BBC presenter

What you'll accomplish:

Develop

Develop a new relationship to uncertainty, clarify your mission, and harness the opportunities that come with times of change

Identify and address

Identify and address the limiting stories that keep holding you back so that you can break through to a new level of confidence and leadership

Manage

Manage your energy sustainably even during times of high uncertainty so that you can enjoy the moment while setting yourself up to make a unique, long-term contribution

Embody

Embody powerful presence in your communication and presentations that is neither forceful nor self-effacing, make bold requests, and manage conflict effectively

Play

Play a bigger game with joy, flow, and ease and fulfil your mission in life because the world needs your own, very special brand of magic!

How it works

You show up willing to slow down to speed up and the process will do the rest. You'll have:

- + 90 minute calls with me every two weeks including my best insights on careers, leadership and being present and powerful
- + Direct coaching + Q&A + crowdsourcing in small groups
- + Opportunity to connect and grow with other high calibre, heart-centred professionals and leaders
- + Facebook group to share wins, challenges and insights + maintain accountability.



Relax

Relax, balance energy and find your ground



Reflect and articulate

Reflect and articulate your deeper "why" and activate leadership presence



Release

Release limiting beliefs around leadership, assertiveness and confidence



Reconnect

Reconnect with your inner-genius and vital power and infinite possibilities



Respond

Respond to challenges with smart strategy from a place and e of clarity, ease, flow.



Receive and celebrate

Receive and celebrate the rewards of your commitment so that they multiply.

The process

The best investments are property and personal development

What you get by joining:

- + Coaching valued at £2000 (changing your life and leadership trajectory = priceless!)
- + The mental benefits of a great retreat £1000
- + A curated and facilitated mastermind £2000
- + Bonus session with me £300

Total value = £5300

Your investment: £975 (Founding member price)

Your investment



I was working so fast I had no time to consolidate my ideas. Amina helped me create time to reflect on my plans and make value-based decisions and a clearer vision of my future. Eventually, I realised I could "just do it!" and reduced my work week by a day to finally focus on my book and new plans.

Laura, Partner at Award Winning medical practice and innovative wellbeing centre.



"In a short space of time Amina has helped improve personal ability to air difficult opinions and provide feedback- improving my perception of 'control' at work. I increased in confidence. My initial barrier to starting coaching was hubris: I wasn't sure whether anyone would be able to empathise with my context. I was also embarrassed to ask for help. However, Amina's ability to create a safe space and give clear/direct feedback to my own thoughts has been hugely positive for me. Amina's coaching is a marriage of experience, empathy and pragmatism."

Arup, Deputy Chief Medical Officer, AXA PPP healthcare, UK

PRESENCE, POWER, POSSIBILITY:

ADVANCE YOUR LEADERSHIP

Time to go beyond the maze of tools, techniques, and strategies and break through what's really holding you back from being the powerful and heart-centred leader that you know you are.

JOIN TODAY



What happens next

www.doctoramina.lpages/leadership

- *We start Monday 8th June!*
- *7 days to join*
- *BONUS one-to-one Clarity Session until midnight tomorrow*

Thank you.

Happy to
answer any
questions



▪ Handout: