



# How to Manage Energy in Times of High Uncertainty

*90 min workshop*

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[doctoramina.com](http://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

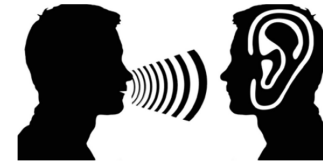


Lifelong learner who feels  
there's more to discover...



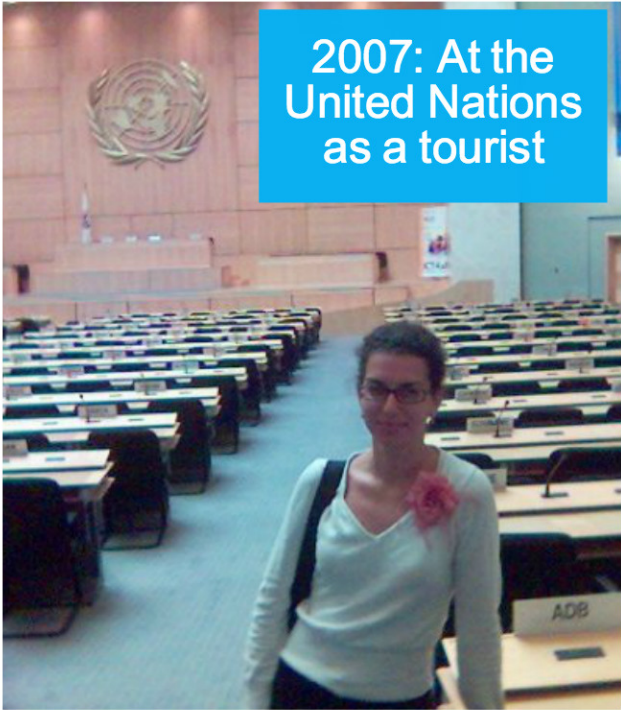
Changing career,,  
changing lifestyle,  
entrepreneurs

# 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



A photograph of a woman with glasses and a white top, standing in the United Nations General Assembly hall. The hall is filled with rows of desks and chairs, and the UN emblem is visible on the wall in the background.

2007: At the  
United Nations  
as a tourist

A photograph of the same woman, now wearing a yellow coat and a name tag, standing in the United Nations General Assembly hall. She is surrounded by other people and the hall's seating arrangement is visible in the background.

2015: At the  
United Nations  
as a delegate

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

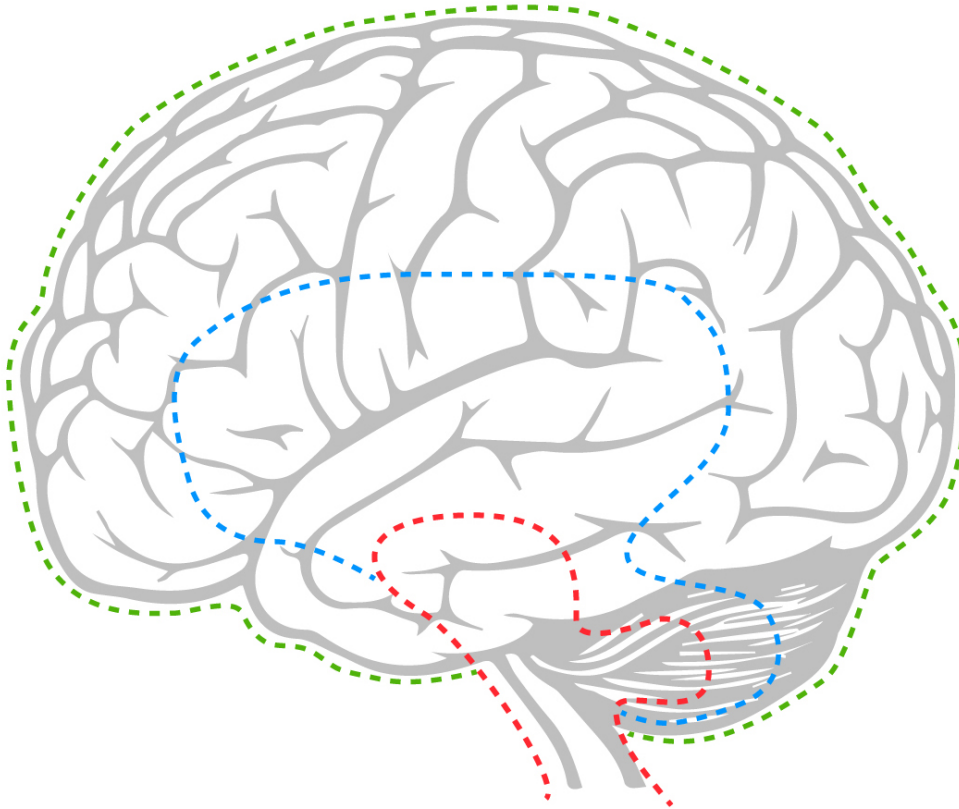




WHO  
ARE  
YOU?



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**



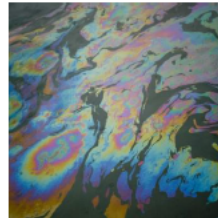
**4 Political Violence**



**5 Natural Catastrophe**



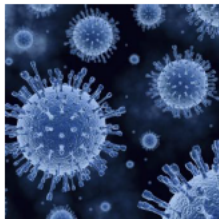
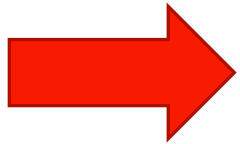
**6 Climatic Catastrophe**



**7 Environmental Catastrophe**



**8 Technological Catastrophe**



**9 Disease Outbreak**



**10 Humanitarian Crisis**



**11 Externality**



**12 Other Shock**

ONE

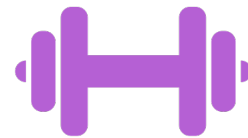
Slow down and  
do the basics  
(kindness)



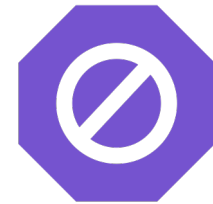
Energy in = energy  
out



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**





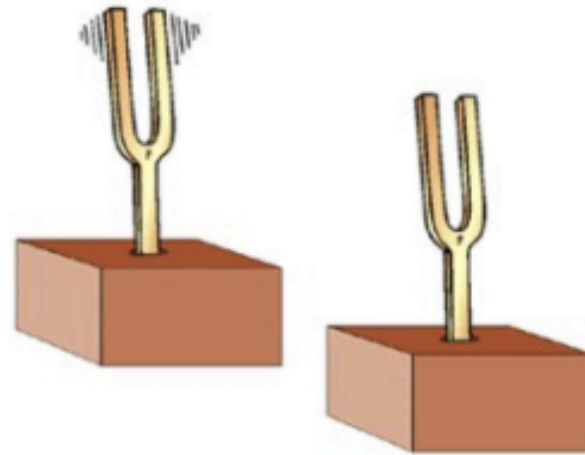
# IKIGAI AND ENERGY

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



Changing career,  
entrepreneur, changing  
lifestyle

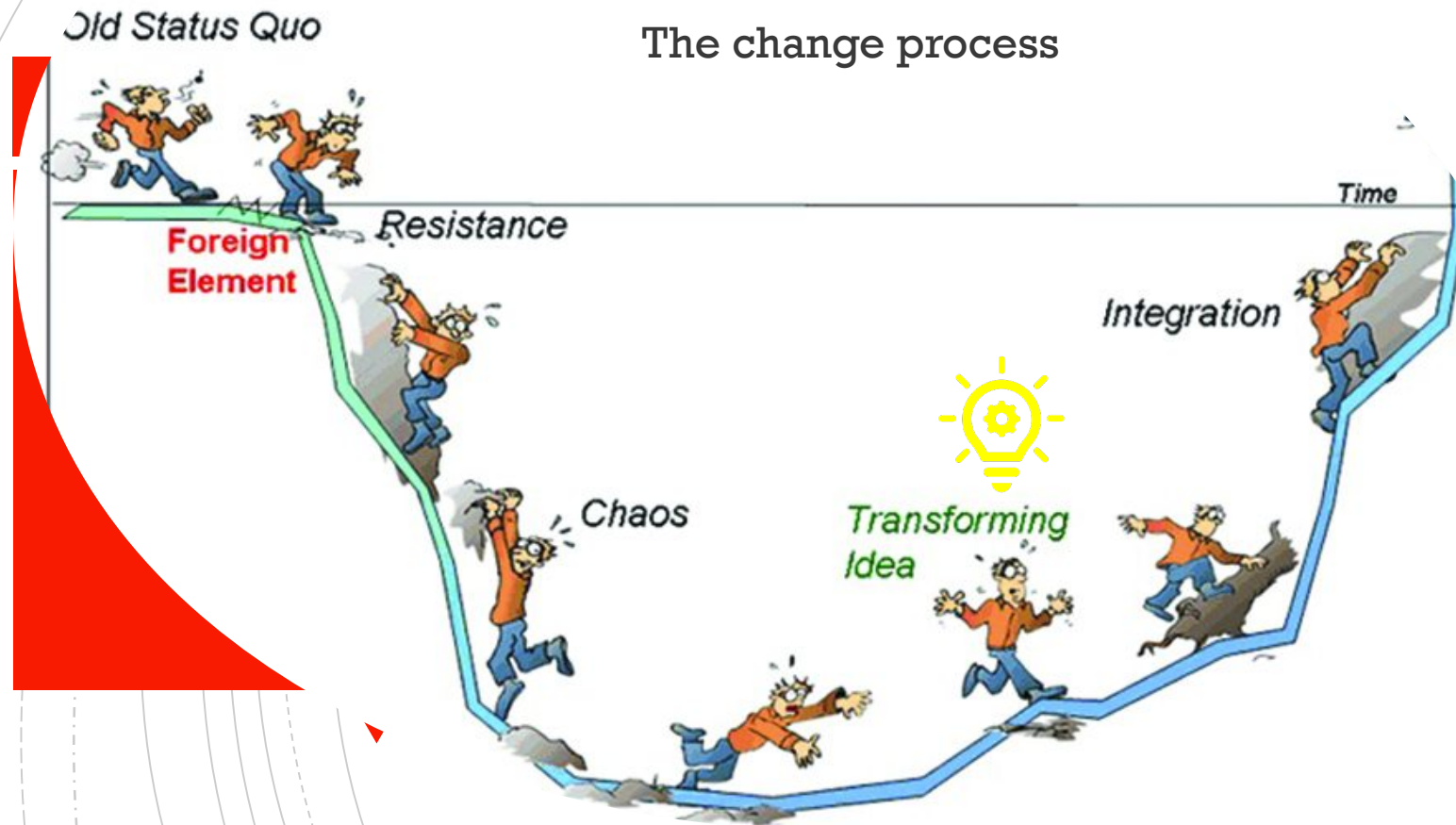
What we've  
covered

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

**2. Open up** and choose  
*[openness]*

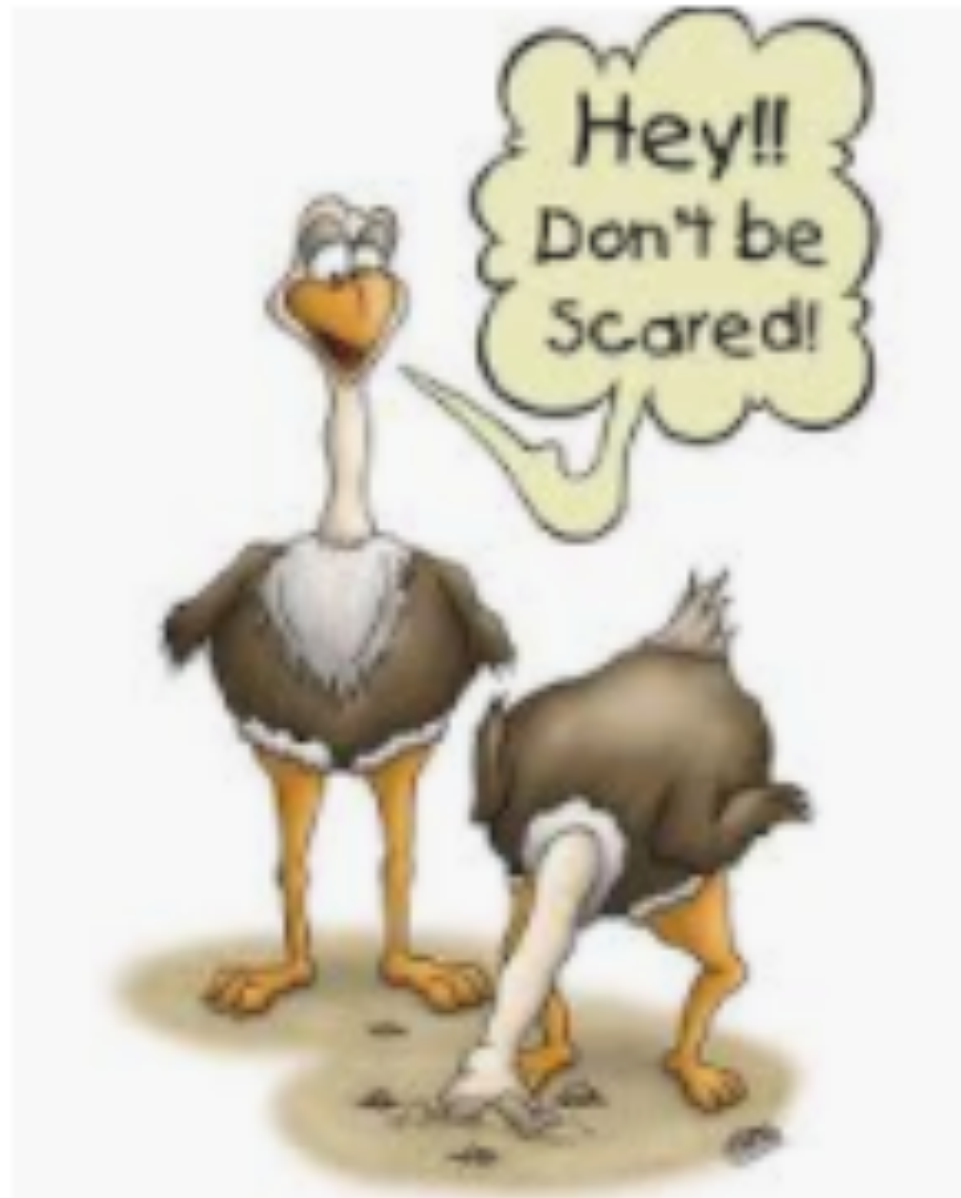
**2. Stay aware** with *inner-work*  
*[focus]*

## 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**

- Q** Trust in your inner-voice (through presence)
- Q** The courage to act on it (your true power)
- Q** 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

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JOIN TODAY



## What happens next

[www.doctoramina.lpages/leadership](http://www.doctoramina.lpages/leadership)

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

- Handout:

Thank you.

Happy to  
answer any  
questions

