

Coaching You to a Better Life



Identifying & Zapping Energy Drains

Sarah Uchytel
www.sarahucoach.com

What I want you to walk away with today



Awareness



List



Actions Plans

About Sarah

accenture

Sprint® 



 **ICF**
International Coach Federation

Stand Up If.....



Time



Energy



The biggest challenge is finding the right balance between



Do you know how much....



*Physical, Emotional, Mental, Spiritual Energy
You use each day?*

Identifying Energy Drains



What is draining your energy?

Examples Energy Drains



Who would you become with MORE Energy?



What do you to do renew your Energy?



Benefits of Zapping Energy Drains



Let Go

More Energy

Quality Life

You GROW



Lifework Exercise



Lifework Exercise



Energy Drain: Rushing in the morning and not having enough time for breakfast



Action Plan: Wake up 15 minutes earlier each morning to have a quick breakfast at home.

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Actions Plans

Stay Connected with Coach Sarah



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sarahucoach@yahoo.com



I'm Interested in talking with Coach Sarah about my unique situation



I'm ready to sign up for my 1st 8-week Life Coaching Course www.sarahucoach.com



I know of another group who would benefit from Identifying & Zapping Energy Drains