

Managing Personal Energy for Peak Performance

Human Resource (HR) Management

Course Overview

Managing Personal Energy for Peak Performance: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live online.

What You Will Achieve

- Explain the core principles and current good practice in Managing Personal Energy for Peak Performance
- Apply practical tools and techniques for Managing Personal Energy for Peak Performance in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Managing Personal Energy for Peak Performance in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Foundations of Managing Personal Energy for Peak Performance: principles, terminology and context
2. The business case: why Managing Personal Energy for Peak Performance matters to performance
3. Core tools, frameworks and methods
4. Applying the tools: guided case study and exercises
5. Common pitfalls and how experienced practitioners avoid them
6. Working with stakeholders: communication and influence
7. Measuring results and continuous improvement
8. Personal action planning and course review

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
21 to 25 Sep 2026	Johannesburg	\$1,550
28 Sep to 2 Oct 2026	Cape Town	\$1,450
12 to 16 Oct 2026	Nairobi	\$1,550
26 to 30 Oct 2026	Kampala	\$1,450
2 to 6 Nov 2026	Durban	\$1,650
16 to 20 Nov 2026	Accra	\$1,395

23 to 27 Nov 2026	Online	\$800
7 to 11 Dec 2026	Lagos	\$1,550

LTC Consultants

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.