

Managing Your Energy for Peak Performance

Learning and Development

Course Overview

Managing Your 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 Your Energy for Peak Performance
- Apply practical tools and techniques for Managing Your 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 Your Energy for Peak Performance in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

HR managers, HR business partners, talent and learning specialists, and line managers with significant people responsibilities.

Course Outline

1. Setting the scene: Managing Your Energy for Peak Performance in today's organisation
2. Key concepts and the language of Managing Your Energy for Peak Performance
3. Frameworks and good practice that deliver results
4. Hands-on application: workshop exercises and cases
5. Problem-solving clinic: participants' real challenges
6. Integrating Managing Your Energy for Peak Performance with day-to-day operations
7. Reporting, metrics and demonstrating value
8. Action planning: your first 90 days after the course

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
14 to 18 Sep 2026	Lagos	\$1,395
28 Sep to 2 Oct 2026	Online	\$700
5 to 9 Oct 2026	Pretoria	\$1,550
19 to 23 Oct 2026	Harare	\$1,650
26 to 30 Oct 2026	Cairo	\$1,550
9 to 13 Nov 2026	Windhoek	\$1,550
16 to 20 Nov 2026	Dar es Salaam	\$1,550
30 Nov to 4 Dec 2026	Gaborone	\$1,650

LTC Consultants

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