

Energize Your Conference

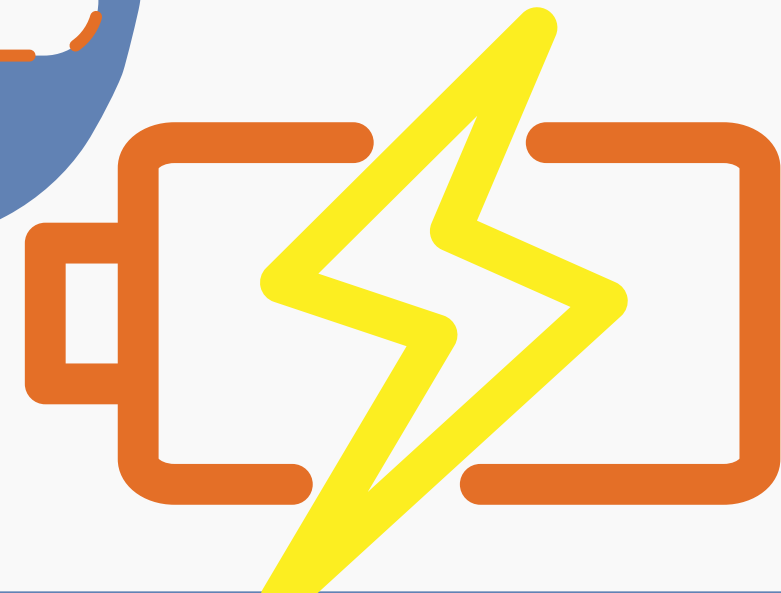
**How to Supercharge Content,
Workshops & Participants**

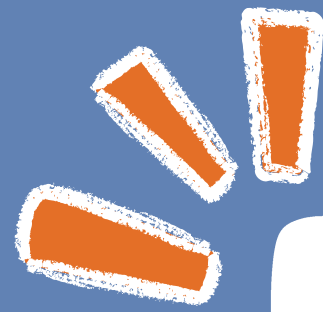


PRESENTED BY

Becky Lunders, Consultant/Trainer

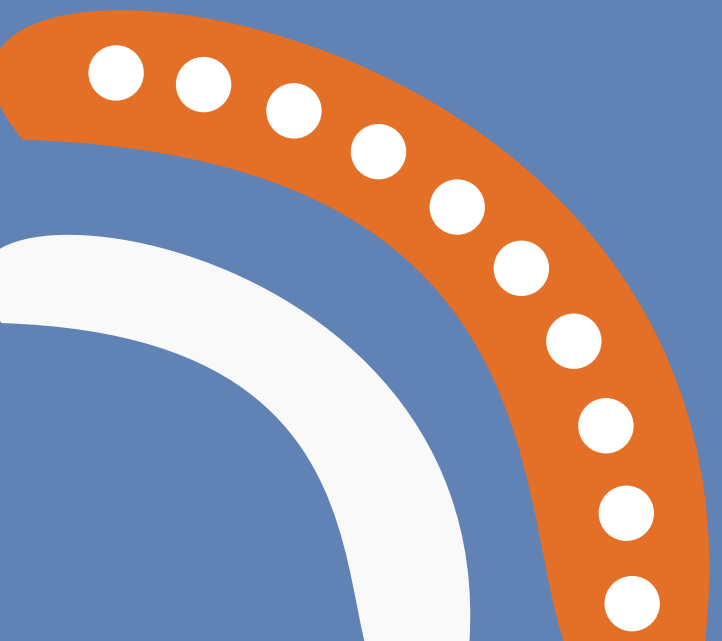
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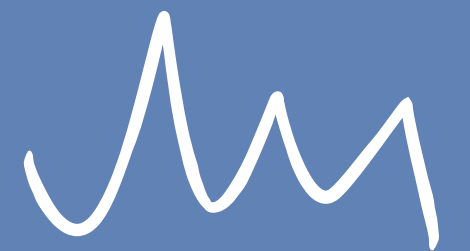


Batteries Included

experience the power of full engagement!



teamWorks





Batteries Included

What's the most engaging conference or
workshop you've ever attended?

What made it so?





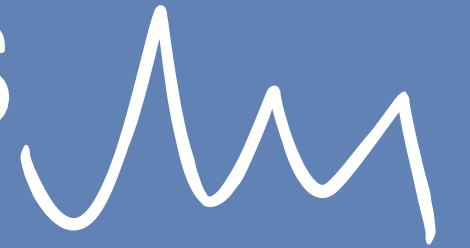
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Learning Objectives



Energy
Zappers

Energy,
Information, &
Brain Science

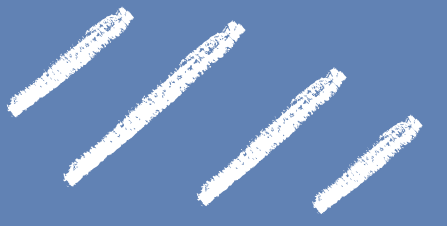
Energizing General
Sessions &
Workshops

Injecting Energy
into
Conferences

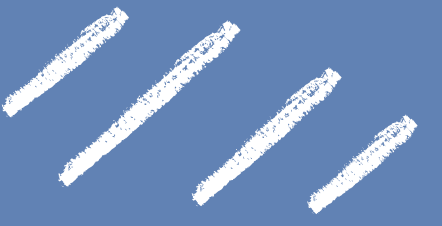
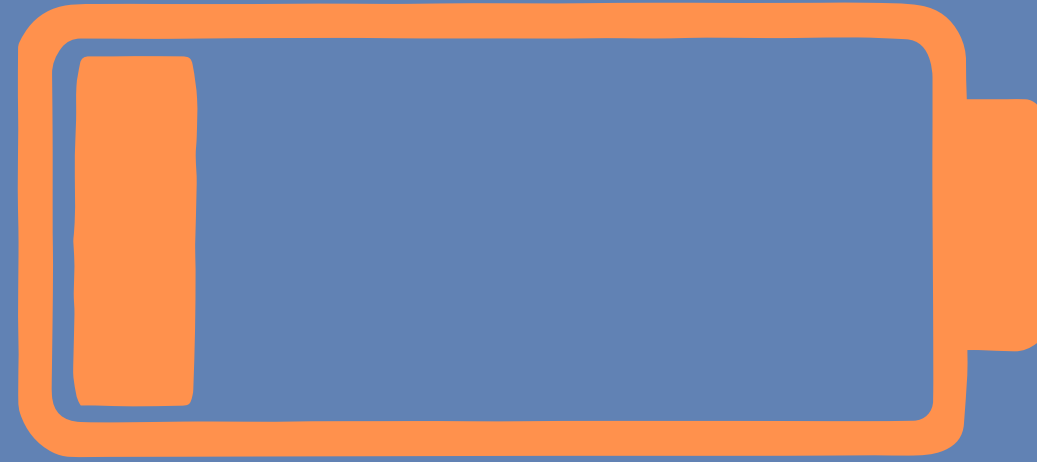


Energy Zappers





**What do conference
planners and facilitators
do that zaps
the energy in a room?**



Energy Zappers

- Lecture
- No audience interaction
- Poor time management
- Awkward icebreakers
- Low energy speakers
- Lack of breaks or movement





Energy, Information, & Brain Science

Short Circuit or
Fully charged?



The Brain Science

WORD BANK

clock

doing

reoxygenate

variety

- We retain more by _____.
- It's essential to _____ the brain.
- Our brain likes _____.
- Take advantage of the body _____.



The Brain Science

- We retain more by **doing**.
- It's essential to **reoxygenate** the brain.
- Our brain likes **variety**.
- Take advantage of the body **clock**.



**Be Intentional to
Induce Engagement**



Be Intentional



LESS OF THIS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



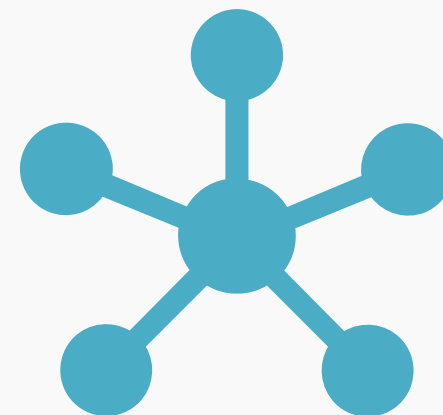
MORE OF THAT!

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Be Intentional



Music



Connection

Reflect

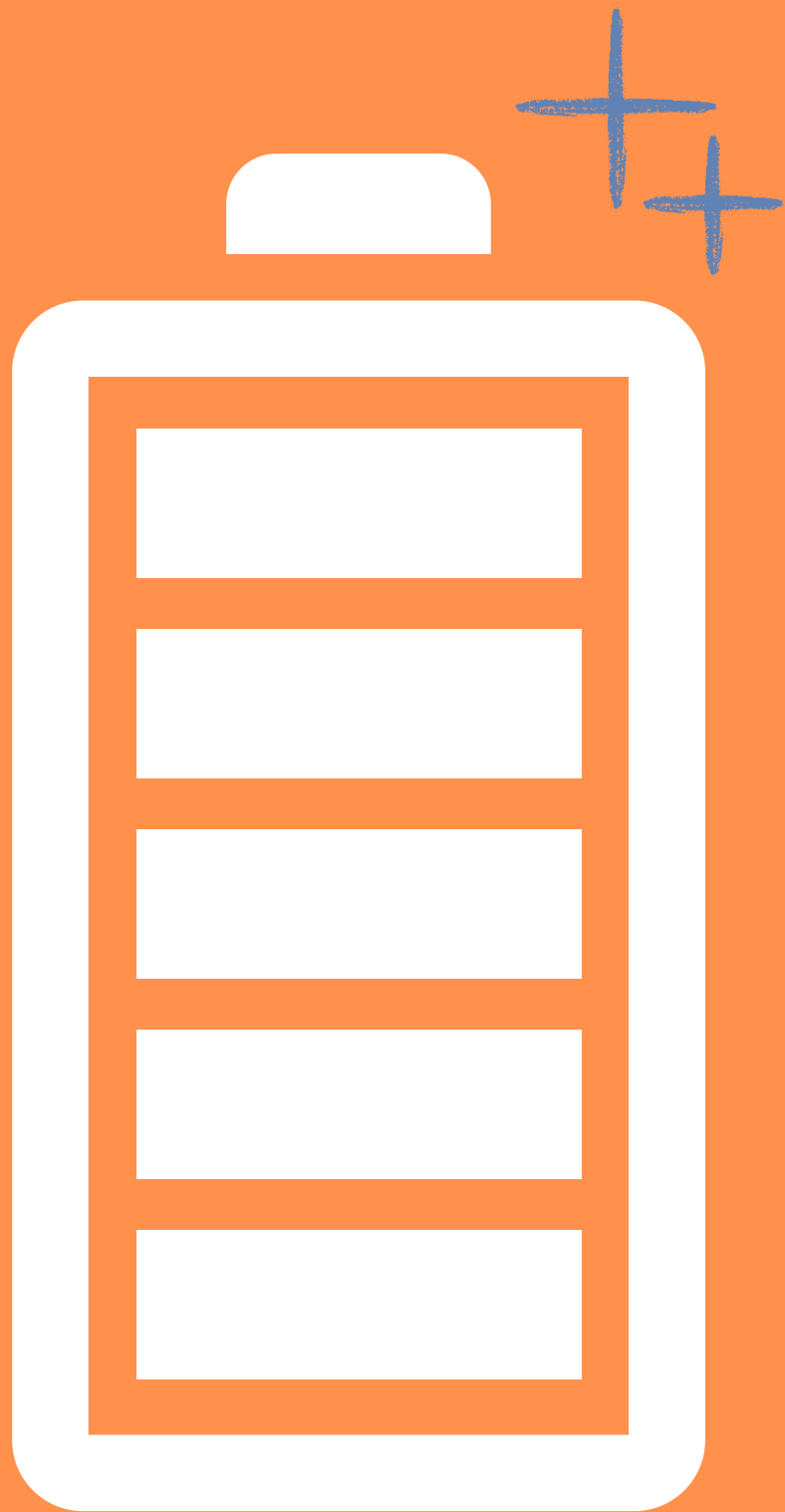


What element of your conference
do you want to be
intentional about energizing?

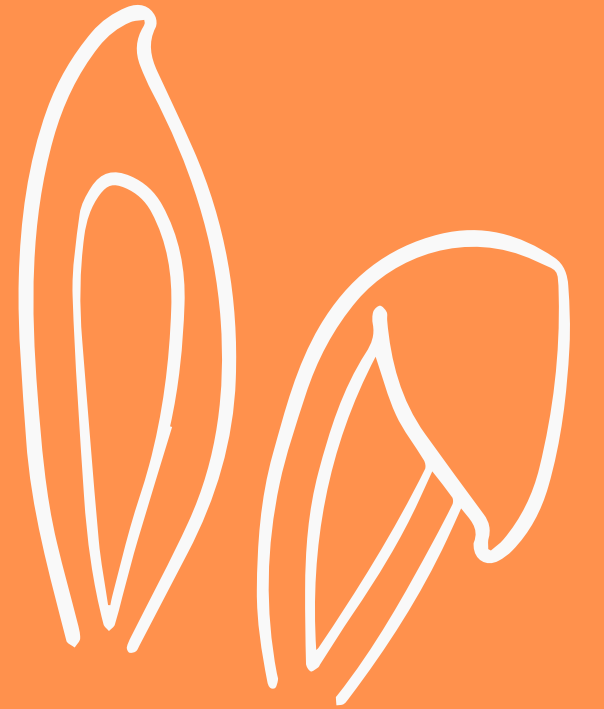


**Inject Energy into
Your Sessions**

Charge It Up!



Be the Energizer Bunny.



What can you do to boost
a low-energy activity?



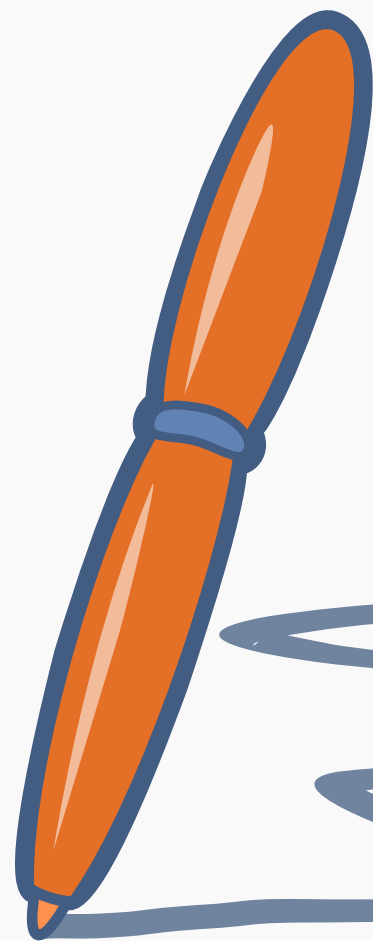
Charge It Up!

- General Session Lecture
- Sit & Get Breakouts
- Dull Panel Discussion
- Awkward Networking Event
- Boring Q & A Session

Don't Leave It To Chance

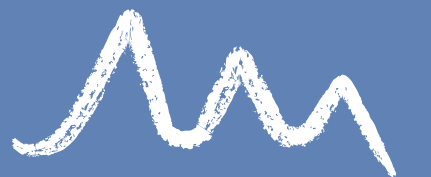
- Plan intentional activities
- Set clear expectations
- Be strategic with room set-up
- Coach your speakers & facilitators
- Themes are always fun

Implementation Intention



One Idea you'll implement.

One strategy you'll explore.



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Becky Lunders
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becky@totalteamWorks.com

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MENTION CALSAE WHEN YOU BOOK	





**Energy is contagious.
Make sure yours is
worth catching.**

