The Energy Bus
10 Rules to Fuel Your Life, Work and Team with Positive Energy

Leadership Lunch and Learn
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Facilitators:
Cynthia Hanks, Accounting Manager
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What does positive energy mean to you?
THE ENERGY BUS

Training Program
Rule #1
You’re the Driver of Your Bus!

In a time and world where we deal with so many negative things and people, The Energy Bus beautifully articulates the power of positive energy and attitude. The book will change your life and teach you how to be the driver of your bus. Buckle up and ENJOY the ride!

- Dabo Swinney, Head Coach, Clemson University Football Team
Rule #2

Desire, Vision, and Focus
Move Your Bus in the Right Direction

If you can see it, you can create it. If you have a vision, then you also have the power to make it happen.
Rule #3

Fuel Your Ride with Positive Energy!

Being positive not only makes you better, it makes everyone around you better.
Rule #4

Invite People on Your Bus and Share Your Vision for the Road Ahead.

As a leader, you set the tone for your entire team. You must communicate your vision.

- Colin Powell
What does being the driver of your bus mean to you?
Rule #5
Don’t Waste Your Energy on Those Who Don’t Get on Your Bus.

One guy can’t make your team, but one guy can break your team. Spend your time with the people putting in the hard work, and take responsibility for getting the others off the bus.

- Bill Bottoms, VP of Operations at immixGroup
Rule #6

Post a Sign That Says: “No Energy Vampires Allowed”

* I will not let anyone walk through my mind with their dirty feet. *

- Mahatma Ghandi
“Find the value in this rock and you will find a priceless treasure inside yourself and in all the people you encounter.”
Are there Energy Vampires in your life that are holding you back (including yourself)?

What are some ways that you can successfully neutralize them?
Rule #7

Enthusiasm Attracts More Passengers and Energizes Them During the Ride

Lead with positive, contagious leadership. This is what your team craves. They want you to lead with heart.
Rule #8

Love Your Passengers!!!!

Love is the greatest leadership and team-building principle on the planet.
Rule #9

Drive with Purpose

*Purpose is the ultimate fuel for our journey through life.*
Rule #10

Have Fun and Enjoy the Ride!

The goal in life is to live young, have fun, and arrive at your final destination as late as possible, with a smile on your face.
What are you doing (or what will you do) to embrace these principles?
Create your Action Plan
WHAT ARE YOU LOOKING FOR TODAY?

BOOKS AND VIDEOS  The energy Bus

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