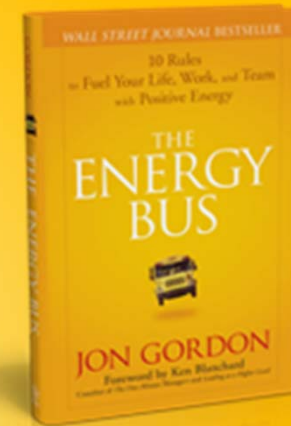


The Energy Bus

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



***Leadership Lunch and Learn
January 29, 2020***

Facilitators:

Cynthia Hanks, Accounting Manager

Kathleen Scott, Director of Organizational Excellence

*What does positive energy
mean to you?*



THE ENERGY BUS

Training Program

Based on the book!



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!

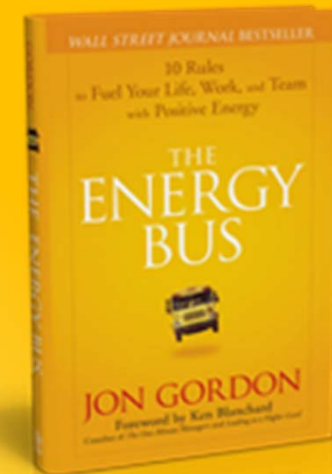
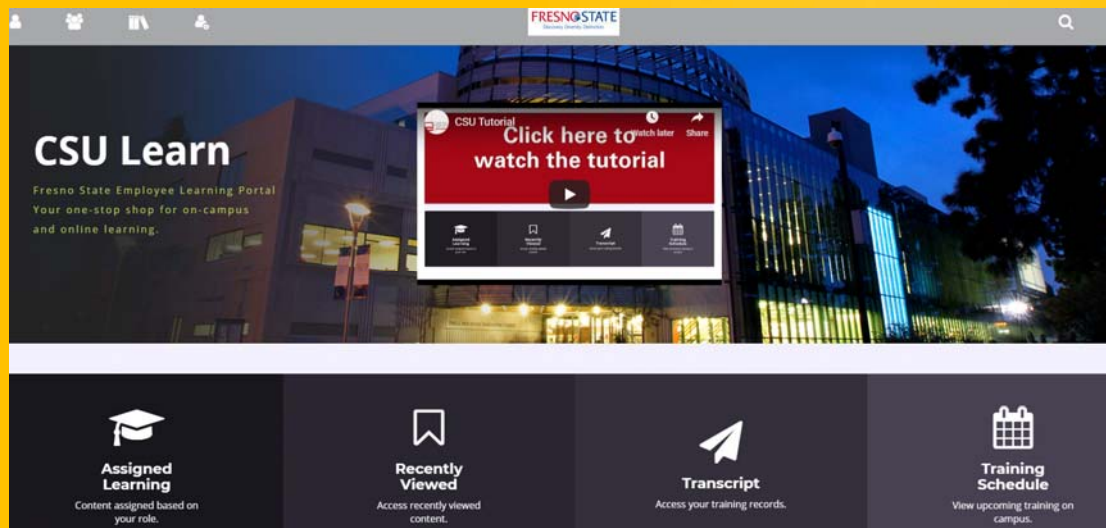
The goal in life is to live young, have fun, and arrive at your final destination as late as possible, with a smile on your face.

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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