

The ENERGY Bulletin

A corporate news bulletin from The Energy of Conversation

www.TheEnergyofConversation.co.uk

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THE MELTING CLOCK

Salvador Dali painted his distinctive clocks to illustrate the irrelevance and impermanence of time. An executive will work with one eye on a report and the other on the schedule, often extending hours into the early or late evening to meet the imposing deadline as time literally slips away.

There are many models and tools to manage time more effectively. Stephen Covey's Time Management Matrix, Brian Tracy's ABCDE method or The CHIME Time Management and Prioritisation Tool. But is time management about managing time per se or is it more about communication and decision-making? When projects run into problems, time management can often be about confidence in communicating change to clients.

According to the Institute for Employment Studies, research carried out shows that the longest hours worked in the UK are by 'male managers' although women working long hours show more desire to shorten their working week. There is often a perception that commitment is demonstrated by 'being there'. Click on the following link for an article on life balance:

[A Question of Balance](#)

ENERGY News

Launch - The Energy of Conversation recently launched its new business training service: for further info visit www.TheEnergyofConversation.co.uk

BrandWatch – Barclays commission online game *56 Sage Street* and promote it via Facebook to attract teenagers to the bank.

Next Issue - In the winter edition we will feature an exclusive interview with Dr Liz Nelson OBE, one of the original founders of TNS, currently the world's largest custom market research organisation.

3Q

3Q is where we ask business leaders what three questions they would like an answer to. Special guest this issue is Paul Cushing, the highly respected staff recruitment professional and MD of recruitment agency Blackbook. Paul was previously the founder of RPCushing which he sold in 2009. Here are his challenging questions:

- 1) *What has been the most consistent talent gap in your business over the last three years?*
- 2) *We all hopefully strive to achieve and deliver excellence, what could your recruitment partners do to improve their level of service they provide to you?*
- 3) *As a candidate what career planning tools have you used to achieve your ambitions?*

Email paul@thinkblackbook.com with your answers and feedback.



COACHING MODELS – The 4 Time Elements

This model is derived from ancient Greece and is about the importance of achieving balance in the day:

EARTH – tasks in this category these are the *survival tasks* and they must be done above all others!

FIRE – this category is about our creative spark and tasks of this nature must be done to keep us inspired; protecting up to 25% of each day for these is said to be essential for our sense of purpose and meaning.

AIR – this is our pure thinking time and a reminder to pause, switch off and think.

WATER – we begin our day as independent rivers but at some stage we must flow into the ocean and join the other rivers; and so this element serves to remind us of the value of the community and teamwork.

BOOK WATCH

The Truth About Getting things Done Mark Fritz

Give Me Time *The Mind Gym*

Eat That Frog Bryan Tracy

Feedback on the bulletin or any general enquiry about *The Energy of Conversation* is always welcome.

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