

Reflect.

Recharge.

Renew.



HARNESS THE

energy

FROM WITHIN

WHAT WE

do



Unlocking human potential so people and organisations can adapt and thrive is core to everything we believe and do. One by one, we are creating a movement to fuel transformational change with deeper insights and actionable solutions to:



Identify
and achieve
goals



Elevate teams
and leadership
at every level



Accelerate
individual and
organizational
growth



Are you ready to realize your ambitions, achieve your goals and go at everything with “can-do” momentum and drive?

human  edge

Most people are unaware of how to efficiently manage their most precious resource. It's not time. It's energy – and the quality and quantity of their energy greatly matters

Core™ Energy takes a holistic view of how individuals manage their energy in both their personal and professional lives, while delivering insights and strategies for maximizing energy and improving overall wellbeing in four key human performance areas: Purpose, Mental, Physical and Emotional. It's about tapping the power from within to inspire people to do more, be more and thrive in every aspect of life.

Purpose & Values

Is clear on what brings meaning and holds true to personal values

Emotional Balance

Maintains a positive outlook when interacting with others

Mental Mastery

Is focused and can concentrate for extended period of time

Physical Resilience

Lives a healthy lifestyle and finds time for recovery and renewal



Core™ Energy is a self-assessment tool that uses key human performance measures to help employees manage their energy, achieve aspirations and create higher levels of success in their personal and professional lives.

With Core™ Energy, employees can take their most-precious resource – their energy– and discover unlimited ways to empower and achieve the greatest version of themselves.

Sleep deprivation

Is linked to lower productivity at work, which results in a significant amount of working days being lost each year.

On an annual basis, the U.S. loses an equivalent of around 1.2 million working days due to insufficient sleep.

This is followed by Japan, which loses on average 600,000 working days per year. The UK and Germany both lose just over 200,000 working days. Canada loses around 80,000 working days.

1.2
Million

