



WOMEN IN CONSUMER FINANCE

**The Energy Advantage:**  
How to Fuel Peak  
Professional Performance

with Christine LaVopa

# The Energy Advantage: How to Fuel Peak Professional Performance

---

Wellness for Women Who  
Never Stop Moving  
Christine LaVopa | Keynote Facilitator



# Agenda

---

What energy really is

---

Common drains on professional performance

---

The Energy Advantage framework  
(Movement, Nutrition, Stress & Sleep)

---

Micro-habits for female professionals

---

Integration into your workday:  
Reflection & action planning

# Why Energy is the True Professional Advantage

---

Focus drives results

---

Stamina sustains leadership

---

Energy multiplies productivity

---

Energy is contagious: the ripple effect

---

Who's refueling the leader and team that fuels your company





# What are the hidden costs of low energy?

---

- Brain fog = slower decision making
- Fatigue = reduced creativity
- Chronic distress = lower EQ/ communication



# The Energy Advantage Framework



**Movement**



**Nutrition**



**Stress**



**Sleep**



**Think of them as the four corners of your energy foundation.**

**Self-assessment: How do you feel?**

# Movement: The 5 Minute Reset

---

Why movement  
snacks matter

---

Simple  
desk-friendly  
examples

---

Science: boosts  
blood flow + focus







---

## Nutrition: Fuel vs. Crash

---

Blood sugar balance =  
professional advantage

Protein +  
micronutrients =  
sustained performance

Common traps:  
coffee-only mornings,  
skipped meals



# Energy Audit Activity



Where is your health on your calendar?



Identify biggest energy drain in your day



What's one five-minute reset that could help?

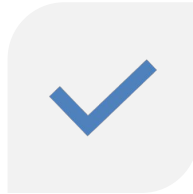


Share answers with the group

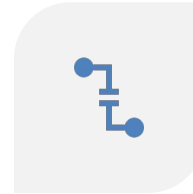


What habits are you bringing back to your team?

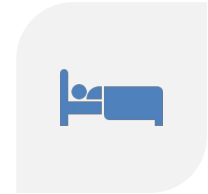
# Sleep & Stress: Overlooked Multipliers



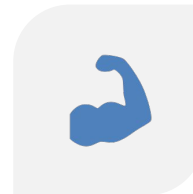
CHRONIC STRESS  
BLOCKS NUTRIENT  
ABSORPTIONS



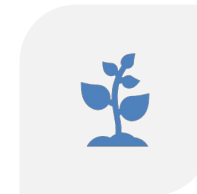
MICRO- BREAKS RESET  
YOUR NERVOUS  
SYSTEM



SLEEP = MEMORY  
CONSOLIDATION +  
ENERGY STORAGE



SOLUTIONS:  
PROGRESSIVE MUSCLE  
RELAXATION



YOGA NIDRA

# Micro-Habits for Peak Energy

---

5 min walk conference calls

---

Two minute breathwork reset

---

Eat protein before carbs

---

Evening tech cut off

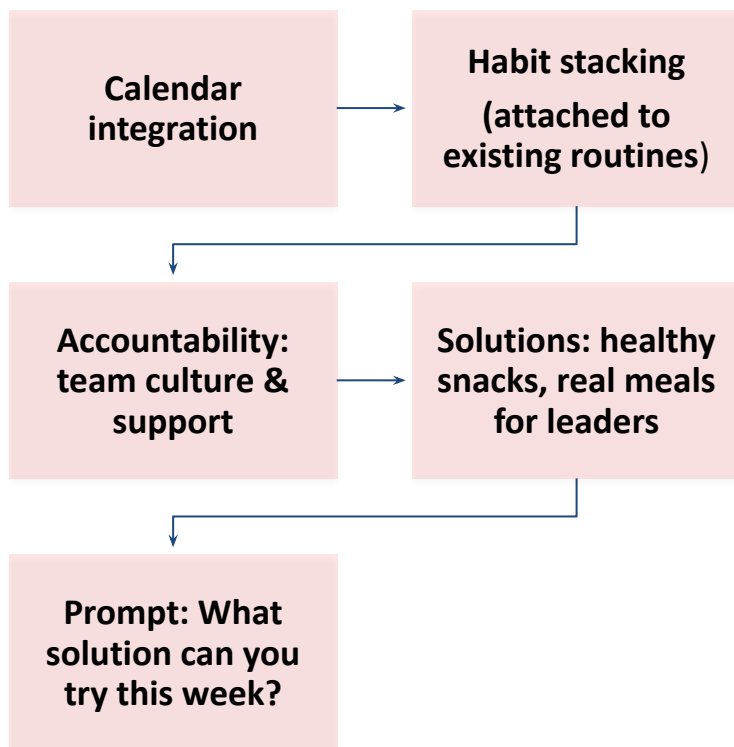
---

Bonus: What is one habit you can take home with you?





# Integration into the Workday



# Reflection and Action Planning

**Where do I lose the most energy  
in my workday?**

- Write down one drain
- Write down a solution
- Write it in your calendar
- Commit to practicing for 7 days



**Key  
Takeaways +  
Q&A**

---

**YOU DON'T NEED AN OVERHAUL  
JUST 5 MINUTES THAT MATTER**

---

**WELLNESS + HEALTH= PERFORMANCE  
STRATEGY**

---

**ENERGY IS ROI, NOT A LUXURY?**

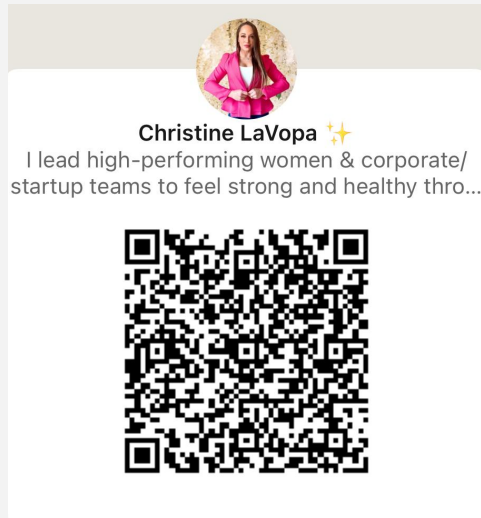
---

**SMALL CONSISTENT ACTIONS =  
SUSTAINED PERFORMANCE**

---

**Q&A: LET'S TALK ABOUT APPLYING  
THESE IN YOUR TEAMS**





## Contact Me

- Website: [www.christinelavopa.com](http://www.christinelavopa.com)
- Instagram: @Christinelavopa
- LinkedIn: Scan QR Code