

Application Guide

THE POWER OF HUMAN ENERGY WITH ANGELA AHRENDTS



BOTTOM LINE:

Human energy singlehandedly has the power to unite and transform companies and communities. The process of harnessing this power begins with **building trust**, which then **unlocks intuition**, and ultimately **establishes belief** in the mission and products of the organization. These steps can help create an organization built to last, where people can thrive and achieve their full potential.

KEY TAKEAWAYS

I. Human energy is human electricity. When you plug it in, it powers ideas and unleashes momentum.

II. How to harness human energy:

A. **Build Trust:** Trust is the currency of all relationships.

1. Lead by example. The higher up you go in an organization, the more important it is to set an example of being personal, authentic, and present.
2. Trust starts with the leader and then carries over to the relationships within the team.
3. Building trust is crucial for the longevity of the organization, and it allows everyone to use their natural instincts.

B. **Unlock Intuition:** The tendency is to lead with intuition, but trust is what unlocks intuition.

1. When teams have trust, it unlocks creative thinking because people feel safe to share their ideas.
2. Trust creates collective collaboration in order to maximize ideas and intuition.
3. Intuition teaches us to use our natural instinct to protect the possibilities rather than simply accepting the probabilities. It creates momentum and gets things moving.

C. **Establish Belief:** Belief is the rational side of energy.

1. Belief brings in the facts and the evidence, which enables people to dream bigger because they see what has been proven.
2. Success breeds success.
3. Belief allows people to problem-solve quicker, communicate better, and care more about one another and the output of the organization.
4. Belief further reignites the alignment, creates a greater confidence, and sets the energy in motion.

QUESTIONS FOR REFLECTION OR TEAM DISCUSSION

1. Looking at the purpose of your organization, are you a noun or a verb?
2. How many people in your organization could articulate the driving force of your team? Would they all say the same thing?
3. When was the last time you evaluated exactly what is working and why in your organization?
4. How is trust demonstrated throughout teams in your organization?
5. Where do you currently use collective collaboration in your organization?
6. How is each member of your team able to use their natural instinct throughout the work week?

Application Guide

THE POWER OF HUMAN ENERGY WITH ANGELA AHRENDTS



LEAVE A REVIEW:

If this podcast has made you a better leader, you can help share it by leaving a quick Apple Podcasts review. You can visit [Apple Podcasts](#) or on your iOS device, and then go to the “Reviews” section. Thank you for sharing!