



**ERICK  
RHEAM**

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The average human being can respond and navigate a crisis effectively for approximately two weeks. After that, the mind, the body, and the spirit begin to decline to the point effectiveness, productivity, and health hit critical levels and mentally the body shuts down to growth, to problem solving, and to life.

How do we successfully navigate a long-term crisis at work, at home, and our communities, without sacrificing our health and effectiveness? Erick Rheam, a United States Military Academy Graduate, a former U.S. Army Military Police Officer and special investigator, a twenty-year veteran of the utility industry, and author and professional speaker on mastering human dynamics developed a seven part virtual series to train and equip utility professionals and its members on how to navigate our current state of the world while achieving significant growth and long term success.

In this virtual series, Erick shares real life stories of how others successfully navigated the pitfalls of life, while making an impact on the world around them. This is a seven-part series that introduces the idea of significance with highly actionable, entertaining, and motivational virtual workshops focused on how a person of significance can master their day-to-day lives to achieve sustained success.

Participants will learn the five principles of achieving significance and will discover the seven elements of the perfect day and how to apply them for maximum success even during the whirlwinds of work, complicated family dynamics, and global pandemics.

## Master Human Dynamics and Achieve Significance Workshop

### Virtual Workshop Series

#### Virtual Session #4 - Manage your Energy (60 minutes)

Energy is finite and must be utilized in a way that supports the most important tasks of the day. This talk motivates and teaches the participant the importance of energy management and how to leverage energy properly and focus it on high leverage tasks to make a daily impact.

Learning Objectives:

- Learn the seven elements of energy management.

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### When

**November 12, 2020**  
10:00 A.M. – 11:00 A.M.

### Register Today!

[www.imea.com / workshops](http://www.imea.com/workshops)

*(Free to all IMEA Members and Associate Members)*