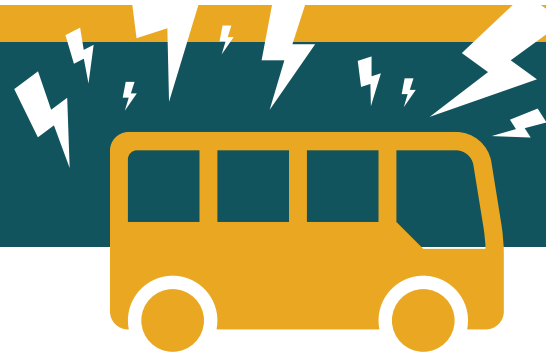


APRIL 16th, 2025

The Energy Bus Packet



AGENDA

TIME	TOPIC
9 AM – 9:30 AM	Introduction & Welcome
9:30 AM – 9:45 AM	Icebreaker
9:45 AM – 10:30 AM	OASIS, Open Stance, and The Energy Bus
10:30 AM – 11:15 AM	Group Activity
11:15 AM – 11:30 AM	Break
11:30 AM – 12:15 PM	Rule #1
12:15 PM – 12:30 PM	Rule #2
12:30 PM – 1:00 PM	Wrap Up & Homework

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The Energy Bus Packet

You're the Driver of The Energy Bus



This is your energy bus

You're the driver.

Did you know you can take your bus anywhere you want to go?

Say yes three times with me. Yes, yes, yes.

You can take it to the movies, the beach, or the North Pole.

Just say where you want to go and believe that it will be so.

*Because every journey and ride begins with a
desire to go somewhere and do something
and if you have a desire, then you also have
the power to make it happen.*

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HOMEWORK

1. My vision for my life (including my health) is:

2. My vision for my work, career, job, and team is:

3. My vision for my relationships and family is:

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Overlapping Energy & Synergy

