

Genergy transforms Leadership-Behaviours and Teams. We achieve this by transforming your energy.

"Probably the most powerful piece of personal development I've had - ever. I know the whole of the Senior Management Team will echo those thoughts." AL, Head of HR, Jamie Oliver Foundation

What is your 'energy'? Why transform it?

People use the term 'energy' to describe many things: power, confidence, enthusiasm, engagement, influence, connection, action/reaction, impact, intellect, resilience, presence, emotional intelligence, dedication... this list is endless. In reality, these terms are not 'definitions' of energy, but instead 'symptoms' of your energy.

Rather than focusing purely on these 'symptoms', we at Genergy are passionate about developing you in a fundamentally more powerful new way. We develop what's causing these symptoms... your energy.

Your behaviours are driven by your energy. In recent years, leading People-Development specialists, psychologists and leadership-behaviour experts have begun to uncover the true nature and impact of human energy. They have found that all emotions, thought and resulting behaviours arise from movements in our energy. Changes in your energy can transform your beliefs, attitudes and instinctive behaviours.

Your energy dictates everything you are and everything you do. Your energy also dictates how well you lead yourself and others. So at Genergy, we transform this energy.

We do this by working with you 'energetically' in the energy of the moment. At first, it'll feel a little like coaching, but that's where the similarity ends. We'll use the serious challenges you're facing as a vehicle to help you sense the impact of your energy on how you perform. Then, we'll rapidly begin transforming the way you instinctively use this energy, helping you also unlock energy in others. It's powerful. It will challenge you. There'll be laughs along the way. You'll quickly begin unwrapping a 'you' you didn't know was there.

Our clients consistently confirm that this 'energetics' development delivers lasting improvements exceptionally quickly – much quicker than via traditional coaching, mentoring and training. Our clients also confirm that this simultaneously unlocks further profound improvements. We love it that clients so often use the term 'life-changing' to describe what we've done with them.

We enjoy working 1-on-1, with groups and with entire businesses facing big challenges.

We work with Managers, Leaders and Teams at all levels from CEO to Jamie Oliver Apprentices.

Genergy delivers profound improvements. Simply.

"I began with Genergy after I'd taken a big step up in my career... Genergy helped me unlock an instinctive ability to interpret situations, challenges and relationships according to how the energy was balanced. Most importantly, Genergy's given me huge confidence in my ability to influence and manage at a senior level." EM, Marketing Director, L'Oréal Paris