



JILL · PAYNE

# CORPORATE PROGRAMS

A team is only as strong as the individuals. Bringing these principles to your teams will allow individuals to show up on the highest channel possible which is the only way to create a positive impact on your company's culture.



# WHAT IS EM?

Energy Management (EM) is a framework that provides us with the tools and aptitudes to shape our daily experience for maximum capacity regardless of the challenges that may come along. This framework allows us to recognize the positive choices we can make in managing our personal and professional lives. Those choices allow us to be connected, capacious and confident, even in the face of uncertainty, for ourselves and others. In our EM practice we concentrate on these three key components:

- **How we move and use our body**
- **What we focus on as we travel through our day**
- **What stories we create as part of our internal and external dialogue**



# A DYNAMIC OF CARE

Energy Management will impact all areas of a person's life. A true cohesive team means you have a shared language to support each other, not only professionally, but in helping each other live a better, more full life.

This is a dynamic of care.

It allows for the organization to show care for the individuals who work there, the individuals care for each other and everyone has more capacity to care about the outcomes of the company.



# WHY NOW?

## CAPACITY

People are so burnt out in general, that not only is there low energy/capacity, but there is resignation. Everyone needs tools and reminders of how to get over this hill and to a level where life and work is manageable. Show your employees that you care about them as people!

## COMMUNITY

The way we work has changed. Many are still working at home while managing little ones or feeling isolated. More than ever we need to be a part of a team. EM allows groups to thrive with a common philosophy and language.

## FUN

EM brings everyone together in a fun and engaging way. Lots of the extras people have to do these days is not fun and is just another thing we have to do on a screen. EM programming is designed to be joyful and fun. We all learn more when it is in an environment of lightness and joy.



# ABOUT JILL

As a multi-sport athlete, Jill represented Canada in both Sprint Canoe and Rugby before turning her focus to helping others. A background in kinesiology and education eventually led Jill to her Masters in Employee Engagement and Workplace Performance.

As a speaker, Jill's balanced and motivational style is contagious and inspiring, also accessible and actionable.

Jill comes to each and every engagement with her own quality of energy and joy that will allow you to see the same in yourself. Her favourite life mantra is that life is meant to be joyful. Jill is constantly researching, refining and developing new ways to live life as a DIME!



”  
**One of the best self-  
improvement programs  
I’ve ever been part of”.**  
“

DAVE MURRAY, PRESIDENT LEANLIN LTD MCDONALDS FRANCISEE



# Outcomes

## Benefits To Employees:

- Individual growth
- Increased energy
- Potential to thrive in all areas of life
- Happier
- Healthier
- More fun
- Enjoy their life more
- Improved mental health and focus



# WHAT PEOPLE ARE SAYING

“Who knew that learning to manage one’s energy could turn into a life skill that’s not only easy to learn but even easier to apply. Jill’s energy management workshops have been so valuable for my Senior Leadership Team. Since becoming ‘Dimes’ we’re now very quickly able to get on the same page in seeking ‘ideal situations’ for day to day challenges. And not only does it benefit our Team at work but the real benefits are the personal ones that we take thru life with us! Thanks Jill for your incredible energy, coaching and example. One of the best self improvement programs I’ve ever been part of.”

– Dave Murray, President Lealin Ltd, McDonald's Franchisee





# WHAT PEOPLE ARE SAYING

“I met Jill at a yoga studio in NY and her high channel attracted me at hello. I was single at 49 and my career felt frustrating and uninspired. Within several months of working with Jill I developed better discernment and greater capacity to make better choices in both my professional and personal life. 3 years later I am going to be celebrating my 3 year anniversary with my partner, and had my most successful year in my business despite the pandemic. With Jills guidance I have learned that keeping my energy level at a 10 will allow me to have elevated emotions and attract all the things ive only dreamed about. Ive learned how to focus on the positive and every aspect of my life has improved past the point of expectation. I feel unstoppable and as though anything is possible.”

- Sharon Mendelow, Executive Producer NYC




# WHAT PEOPLE ARE SAYING

“Jill’s workshops are inspiring, enlightening, community building, uplifting, and above all else... fun. We sing, we move, we sweat and we connect to ourselves in a whole new way. She’s able to shine a light on habits that are preventing people from being their best selves, in a caring, funny and very honest way. I always leave with a clear vision for what needs to shift in my life in order to be a Dime.”

- Tori Jarvis Grant





Companies who care know that individuals caring for each other equates to a team with more capacity to care about the outcomes of the company.

**For teams who want raving fans, not just satisfied customers.**

[jillpayne.ca](http://jillpayne.ca)

