

## **Human Asset Management: Being vs. Doing – Achieving Balance and Maintaining Energy** <sup>[1]</sup>

The purpose of the Human Asset Management: Being vs. Doing - Achieving Balance and Maintaining Energy is to provide participants with an overview of the guiding role of energy in motion (e-motion) and how to reduce the fear factors that prevent them from achieving their authentic potential. Participants will also learn to identify when they are "in" and "out" of their own power and why it is important. Finally, participants will discover how the power of now and discovering their true essences can sustain their energy and happiness.

**Program Level:** Basic

**Prerequisites:** None

**Advanced Preparation:** N/A

**Instructional Method:** Group-Live

**Instructor:** [Tamara Moore](#) <sup>[2]</sup>

**Recommended CPE Credit:** 2.0 Hours

**Field of Study:** Personnel/Human Resources

### **Course Objectives:**

At the end of the course, participants will be able to:

- Identify the strengths and weaknesses of time management approaches to work and life;
- Describe the added value of our emotional guidance system;
- Explain the purpose of fear and strategies for effectively working with it;
- List techniques to build and maintain energy; and,
- Describe a new model for working and living which reduces stress, improves happiness, and creates balance.

### **Program Policies** <sup>[3]</sup>

#### **NASBA Statement**

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[www.learningmarket.org](http://www.learningmarket.org) <sup>[4]</sup>.



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**Links**

- [1] <https://www.cu.edu/controller/cpe-cpas/course-catalog/human-asset-management-being-vs-doing-%E2%80%93-achieving-balance-and> [2] <https://www.cu.edu/controller/tamara-moore-cpe-instructor>  
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