



Select Workshops

MAXIMIZING YOUR PERSONAL ENERGY WINDOW FOR A MORE PRODUCTIVE YOU

Time is our most valuable resource, yet we don't often treat it as such. However, with intentionality and understanding our own energy, we can maximize our productivity and stop blaming "time" when it's often a lack of understanding prioritization.

As a result of this workshop, participants will be equipped to:

- Understanding the types of energies and how those impact productivity.
- Creation of a strategic plan for life with intentionality.
- Awareness of our most important priorities and the impact of time of day to our productivity.

March 3, 2026

9:00 a.m. - 12:00 noon

THE SYCAMORE AT MALLOW RUN

7070 W. Whiteland Rd.
Bargersville, IN 46106

Sponsored by:



SPEAKER
HEATHER LOWEY

\$59 per person LJC and Franklin College alumni & staff, Franklin, Aspire and Indy Chamber members;
\$69, general public

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