IP BEST PRACTICES

The Energy Board

A best practice shared by Cornelia Schlatt.

Generated on 22 November 2026

The Energy Board

Supports teams by visualizing where individual and collective energy flows and where it drains, helping identify what fuels motivation, connection, and performance.

Key steps

Start with individual reflection, inviting participants to rate nine energy fields to map their personal energy landscape (e.g. purpose, connection, emotional balance, performance).

Create a shared Energy Board by combining individual perspectives, making patterns, gaps and surprises visible immediately.

Facilitate dialogue around energy drivers and drainers and translate insights into one concrete 'Energy Booster' to strengthen collective well-being, motivation and sustainable performance.

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