

CORPORATE WELLNESS & LEADERSHIP SESSION

The Human Energy System

Energy Management for Sustainable Leadership

A Traditional Chinese Medicine-informed corporate wellness session for leaders, entrepreneurs, managers, and professional teams. This interactive session helps participants understand the body as an intelligent energy system - with production, recovery, rhythm, early warning signals, and long-term capacity. Using the metaphor **Run Your Body Like a Business**, the session connects wellbeing with leadership clarity, sustainable performance, and burnout prevention.

Format

45-90 minutes
In-person or virtual
Teaching, storytelling, reflection, discussion

Ideal For

Leadership teams
Founders and entrepreneurs
Managers, professionals, workplace wellbeing events

Tone

Practical, calm, human-centred
Educational and facilitative
No diagnosis or treatment

Key Benefits

- Understand energy management as a foundation for sustainable performance
- Recognize early signs of depletion, overwork, and burnout risk
- Reflect on work-rest patterns and personal energy habits
- Learn a practical TCM-informed framework for resilience and recovery
- Build a healthier language around wellbeing, clarity, and long-term success

Possible Session Flow

- Opening story: the hidden cost of overperformance
- The body as a business system: energy, rhythm, recovery, and clarity
- TCM-inspired view of depletion and resilience
- Interactive reflection: a simple personal energy audit
- Practical takeaways for daily leadership and recovery

Facilitator

Rachel Zhang is a Traditional Chinese Medicine educator & practitioner, and wellness facilitator and licensed acupuncturist. Her work bridges TCM wisdom with modern leadership wellbeing, helping individuals and teams understand energy, rhythm, recovery, and resilience in practical, human-centred ways. She brings a calm, structured teaching style and a distinctive body-as-business framework to support sustainable performance.

Practical Details

Available in Toronto/GTA for in-person sessions and virtually for corporate teams in other locations. Sessions are subject to availability and advance confirmation. For best results, booking at least **3-4 weeks in advance** is recommended so the session can be thoughtfully adapted to the client audience, goals, and event format.

Educational session only - does not include medical diagnosis, acupuncture treatment, or individual health assessment.

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