



# energy for life

## Preparing for the Workshop

### What do I need to do to prepare for EFL?

1. Participants are encouraged to bring a copy of their most recent blood chemistry profile obtained through their doctor or the Allstate *Good Life* Biometric Screening. The lab work is not shared and will therefore remain strictly confidential. A participant who is unable to bring this information will still be able to participate fully in the EFL workshop.
2. Participants receive a Pre-program Questionnaire and 360 Survey/Storytelling Profile via separate emails. It takes about 20 minutes to complete each of these online assessments. Additionally, participants are asked to send the 360 Survey link to peers, leaders, direct reports, friends, and family members. The response from these individuals provides rich feedback for use during and after the course.
3. The Pre-Read Article “Change Your Story, Change Your Life” by Jim Loehr, Ed. D. will help you gain a better understanding of how energy management can improve your overall performance and how to make personal change.

### Do I need medical clearance to participate in the exercise sessions?

We recommend a consultation with a doctor as a precaution. If you are uncomfortable with exercise or have physical limitations, you may still attend EFL.

### What if I require special accommodations?

If you have any unique physical needs or require any special accommodations in order to participate in EFL (e.g. visually impaired, hearing impaired, use a wheelchair, travel with a service dog, etc.), please contact us and let us know how we can meet those needs both before and during the actual workshop.

### What kinds of things will I do in EFL?

Plenty! EFL is designed to help you clarify your life’s purpose and identify what barriers might be holding you back from being extraordinary. You will learn specific strategies related to nutrition and exercise that will increase and improve energy to complete your mission.

### What is the dress code?

Casual attire or workout clothes and gym shoes. Exercise sessions are included in the EFL agenda, and participants may choose to bring a small towel for these activities. Traditional business attire is *not* recommended.



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### **What is the time commitment for EFL participants?**

The workshop is a day-and-a-half. Participants are asked to arrive early on Day 1 for an optional confidential body composition analysis. They may also set aside 45 minutes to 1 hour in the evening for reflection activities.

### **Are meals provided?**

EFL provides lunch on Day 1 as well as snacks & beverages both days of the workshop.

### **Is there a cost?**

There is absolutely no cost to attending EFL. Participants are not responsible for program facilitation, materials, classroom fees, or food during the workshop.

### **Will I be able to attend any work meetings during the day-and-a-half session?**

EFL is a workshop which requires full engagement. It is imperative that participants deliberately “disengage” from work responsibilities as much as possible. Frequent short breaks (5-10 minutes) will be offered throughout the course; however, it is highly encouraged that participants make arrangements at work and/or home that will ensure distractions are kept to a minimum. Cell phone or laptop use is strongly discouraged while class is in session.

### **Beyond the nutrition and fitness portions of the workshop, what else is covered or discussed?**

Various sections of the workshop will provide many opportunities for discussions in partner work, small groups and larger groups. You should also know that what happens in EFL, stays in EFL! We encourage open and honest dialogue knowing that growth inevitably occurs when we challenge ourselves to share our experiences and insights.

### **Who would find EFL beneficial?**

Any Allstate employee who would like to achieve consistently high levels of energy and performance. If you would like the ability to have a greater capacity to meet the demands of your life, EFL is for you!

### **Will I be participating in the workshop with other people from my area, people from other areas, managers, etc.?**

Yes, yes, and yes! Because registration takes place on the LRN, this course is open to anyone interested in energy management.

