



Manage Your Energy Transform Your Business

With over 27 years of experience in business coaching, mentoring, training, and speaking, Heather Hutchings is a seasoned expert in leadership and strategic planning. Heather specializes in helping her client's master energy management to reduce stress, prevent burnout, and achieve a harmonious work-life balance.

As an expert in mapping, harnessing, and optimizing energy, Heather believes that effective energy management is the key to unlocking productivity, enhancing health, and driving business success. Her unique coaching method, rooted in her deep understanding of the four dimensions of energy, empowers clients to make meaningful changes that yield lasting benefits in both personal and professional realms.

Heather's creative and insightful approach provides actionable strategies that are easy to implement. She is passionate about sharing energy hacks that help individuals and teams thrive under pressure, maintain control, and lead with resilience. By shifting the focus from managing time to managing energy, Heather inspires her clients to transform their well-being and performance.

Intrigued

Whether it's a workshop, a keynote speech or a masterclass in energy management, Heather can create and structure a programme that meets the needs of the people who will benefit from it.

With decades of experience leading workshops and entertaining crowds with her engaging style, she will not only keep your audience interested, but ensure that they walk away with lots to think about and put into practice.

What You Can Expect

Optimize Your Workday for Success: Learn powerful strategies to make every hour of your day count. Discover how to align your tasks with your natural energy peaks, ensuring you work smarter, not harder.

Prevent Energy Depletion: Gain practical tools to maintain high energy levels throughout the day. Understand the key factors that drain your energy and learn how to avoid them.

Stay in Control of Your Schedule: Master techniques to manage your time effectively, so you stay on top of your responsibilities without feeling overwhelmed.

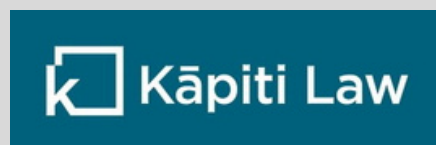
Transform Your Workday and Wellbeing: Experience a profound shift in how you approach your daily routine, leading to greater satisfaction and a stronger sense of well-being.

Crack the Energy Code: Uncover the secrets to managing your energy like a pro. Learn the science behind energy management and how to leverage it to boost your productivity and creativity.

Achieve Peak Productivity, Health, and Performance: Discover that excelling in all three areas is not just a dream but a reality. Equip yourself with the skills to thrive in both your professional and personal life.

Embrace the Joy of Doing What You Love: Learn to lean into the experience of truly loving what you do. Find fulfilment and joy in your work, leading to a more balanced and satisfying life.

Clients I have worked with



CardioLabs

Ramona Rasch @ Law Limited

Highway recovery

The Business Coach With More

If you're looking for a leadership coach who matches the energy levels they're talking about, Heather Hutchings is the woman you want at the front of the room. This is a woman who practises what she preaches, knows the ins and outs of all kinds of energy generating tasks, and – most importantly – is a vibrant, direct and impressive public speaker.

Contact Heather today

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LinkedIn: [heatherhutchings-business-mentor-trainer-facilitator](#)



"Kia ora Heather, on behalf of Electra we thank you for an excellent session this morning at Electra Business Breakfast."

"Thanks for being fabulous and dispelling the myth about time management and bringing energy management to life instead as the real currency of achievement." – Helene – Event Manager

"Thanks so much – you are someone I could listen to all day – relaxed speaking style and an expert in your field. I arrived back here and told everyone I was now going to stick religiously to my "time out zones" with no client appointments or phone calls and no staff questions during my high energy cycle so I can chew through that work, and I have had my door closed since – yay!" – Jane – Lawyer

"Thank you, Heather, for your invaluable guidance and the joy of learning from you. Your passion and commitment truly shine through, making our time together a remarkable experience." – BonBusiness Founder