

Optimizing Your Work and Well-Being: Get More Done with Less Stress

“Once we understand the contours of our frustrations with knowledge work, we recognize that we have the potential to make these efforts not only massively more productive, but also massively more fulfilling and sustainable. This has to be one of the most exciting and impactful challenges that almost no one is talking about...yet.”

- **Cal Newport**, author of *Deep Work* and *A World Without Email*

We’re betting nearly all your leaders and teams would agree: the way we’re working isn’t working. Our days feel overloaded with too many meetings and too many priorities, so sliced and diced into pieces and so overloaded with communications that we can’t do much more than react. Our vital energy is spent inefficiently and ineffectively. We feel tapped out at the end of the day—or halfway through it. We worry that we can’t keep this up—or that our people can’t and will burn out and leave.

We can change that. We can rescue ourselves and our organizations from increased time spent to accomplish the work, less effective solutions, and reduced profitability. This research-backed program helps leaders and individual contributors to reshape their daily work to maximize productivity and minimize stress and burnout. It draws upon neuroscience, behavioral science, systems thinking, lean principles, and agile methodologies. It provides profound insights into how to reimagine our daily work in line with how our brains and bodies work best to sustainably add value. It helps us organize our own knowledge work as well as ways to collaborate best with others.

Among the many takeaways from this program, leaders learn:

- The top brain-draining and burnout-inducing practices embedded in our organizational habits and daily work arrangements
- Agile strategies and rules of the road to remedy communication and prioritization overload
- Simple, brain-based practices, tools, and habits that help you get more done and improve well-being while working both independently and collaboratively
- Clarity on the real work of leadership now—maximizing the flow of value
- An implementation plan for you and your team that will make an immediate impact



Future-Fit Leadership Series

Target audience:
All Levels

Format:

- 2-hour, 4-hour, and full-day options
- Live virtual or in-person facilitated
- Train-the-trainer capability

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