



Reclaim Your Workday:

Sustainable Success in the Modern Workplace

Cut the chaos. Focus on what matters. Deliver sustainably.

Meetings, messages, and multitasking are draining output and energy. This session arms your people with simple guardrails and practical rituals to shift from reactive to intentional work.

WHY IT MATTERS: Faster decisions. Fewer handoffs and rework. Lower burnout risk. Higher engagement and quality.

“truth bombs filled with actionable steps”

If you're tired of feeling punched around by the demands of life and work, get ready for some truth bombs filled with actionable steps.

Jeff Nischwitz
Director of Business Development

ATTENDEES LEARN TO:

- ✓ **Prioritize relentlessly** so the right work gets done first
- ✓ **Fix broken meetings** with right invites, automation, and async options
- ✓ **Tame email and chat** with channel norms, rules, and quick triage

PERFECT FOR:

Individuals, managers, and project teams in fast-moving orgs. Especially relevant where context switching is costly.



Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Elevate Your Focus, Break Free From Busy, Find Your Meeting Mojo

Popular add-on: Performance Pulse Survey and Reclaim Your Workday book

CTA: Book this session to help people reclaim their time, attention, and energy and make sustainable success the norm.