



RECLAIM YOUR WORKDAY: BUILD THE SYSTEM. PROVE IT HOLDS.



High-Performance
Keynote Speaker
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A system for running your week, stress-tested against the day you're not there.

*How much of your week actually goes to the work that matters,
and how much disappears into everything else?*

Most people don't run their day; their day runs them. *Reclaim Your Workday* builds the system that fixes it: a repeatable way to choose what gets done, using three tools - **Task Batching, Theme Days, and the Altitude Method** - so the right things get your best hours instead of your leftover ones.

Then it stress-tests that system against the day you're not there. A system that only works when you're present isn't really a system: real coverage, a documented bottleneck process, and a gatekeeper who isn't guessing, so you can actually step away without coming back to a mountain of problems you'll spend a week digging out of.

*Attendees leave with both halves: the system that runs their week
and the plan that lets them step away without it wobbling.*

Takeaways

- ✓ Tools to build a repeatable way to choose the right work first.
- ✓ The real stress test: how long the team could run before coverage gaps and lost institutional knowledge start costing real money.
- ✓ A documented bottleneck process and a real gatekeeper for when someone's out.
- ✓ Each attendee's part in keeping the system running: clean handoffs, the right people alerted, and a genuine disconnect, since the plan only works if they follow it.
- ✓ A live action plan built in the room.

"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

Format: Workshop or training.

Companion to the book: [*Reclaim Your Workday* by Marcey Rader](#)

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