



How do you make time work for you rather than against you?

59% of workers feel physically depleted, emotionally drained, and mentally distracted. Imagine what you could accomplish with a gain of 25% productivity without adding another work hour. It IS possible to gain greater focus, make more profits, and feel more balanced ALL at the same time.

The Productivity Zone is where efficiency and effective meet. Avoid underperforming and over functioning, unproductive behaviors that rob you of your productivity. In this workshop you will accelerate awareness, reset priorities, re-gain focus and create more space for thinking and acting more strategically.

Participants will:

Challenge your Relationship with Time

Time is our most precious commodity yet we consistently waste it or misuse it. Are you aware of your unconscious relationship and how that might be the very thing keeping you from reaching your goals faster or creating greater balance?

Manage Energy not Time

Break into groups to do a fun and powerful exercise to experience the power of our words, our actions and our thoughts that make up our personal energy. Following the exercise discuss HOW we show up for our time and the impact it has on our day to day individual and team experiences.

Identify Distractors

95% of people are interrupted over 5X per hour. Take an assessment and learn the 3 areas of distractions and where your greatest opportunities to immediately increase your productivity. Get ready to take some action.

Understand the 10 drivers of Productivity

To get and stay in the productivity zone there are 10 fundamental drivers of our productivity. By activating any one of these drivers you can pull away from over and under functioning and be more efficient and effective. Find out where you rate and gain a practical tip for each one.

Closing

The group comes back together for closing remarks and a funny story that talks about personal ownership of implementing what was learned.



Penny Zenker is an international speaker and best-selling author. She is passionate about helping people live more fulfilling lives through reducing stress, improving communication, and creating greater passion and focus. Her experience includes building and selling a multi-million dollar business, managing business turnarounds, living abroad for 16 years, and worked 5 years as a Tony Robbins business coach. She will challenge you to think differently and inspire you to be your best. Her easy-to-understand frameworks make implementation fast and easy.