

100% Increase in Productivity in 21 Days that 'sticks'

Summary & Key Objectives

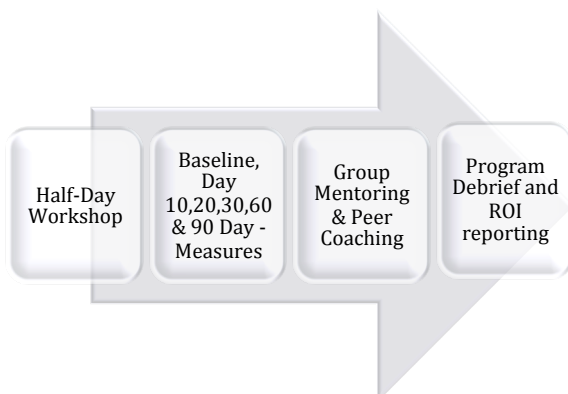
The optimal organisation in today's world requires the collective 'We' to be high performing and sustainable. By default, modern life has caused brain overload, where so many individuals and businesses are simply in survival mode. The speed of change with technology and the amount of 'stuff' that our brain has to process everyday is simply too much to deal with. The Productivity Project objectives are to help participants to;

- ✓ Understand what productivity is in their organisation and **assess current roadblocks**
- ✓ Teach people why old strategies in the past are **locking them unconsciously** into survival mode
- ✓ Upgrade the operating system so they can **work smarter** not harder
- ✓ Implement an action plan to deliver **increased productivity and sustained performance**.

The Project

A group of 10 participants from diverse industries and backgrounds were brought in to participate in The Productivity Project. The Project consists of one half-day training program followed by coaching and mentoring across a 30-day period. Behaviours (and behaviour change) was tracked by survey technology from baseline and then at intervals of 10, 20, 30, 60 and 90 days to help drive behaviour change that 'sticks' and to understand the impact of the training on workplace productivity both immediately and over the longer term.

The program consists of the following 4 elements:



Participant Feedback

"My experience of The Productivity Project was profound. I found it structured, considered and very insightful. I had several "Aha!" moments that had an immediate impact on my personal life which eventually translated to my professional career and the way I approach my work. Given the difficulty of changing one's behaviour, coupled with the complexity of tackling efficiency and one's nature to be busy rather than effective, The Productivity Project has created a program that not only gets results but deeply impacts your psyche. I would without hesitation recommend this training program and look forward to seeing the future results."

Melissa, General Manager HR, Mad Mex Fresh Mexican Grill

"This course provides significant insight into problems many of us face as we try to excel in the workforce whilst maintaining personal lives. Kate is engaging and encouraging to all participants, and genuinely cares about each person making progress to achieve their goals in a way that works for them."

Alexandra, Digital Content Specialist at Croud

"Being a part of The Productivity Project has given me a new lease on my work life. I am more organised and aware of my behaviours and how they affect my productivity. My key takeaway from the course is the importance of goal setting and being accountable for my goals coming to fruition. Kate has done a tremendous job and made me feel very welcome in the group and has inspired me to develop more effective work habits that will stick!"

Danielle, Operations Manager at Treysta Wealth Management

"Kate really helped me understand what was stopping me from being as productive as I'd like to be. The steps to 'self-regulation' make a lot of sense, and after just a few days I'm already seeing a difference in what I can achieve at work."

Jo, Owner/Managing Editor at HR Daily,

Results

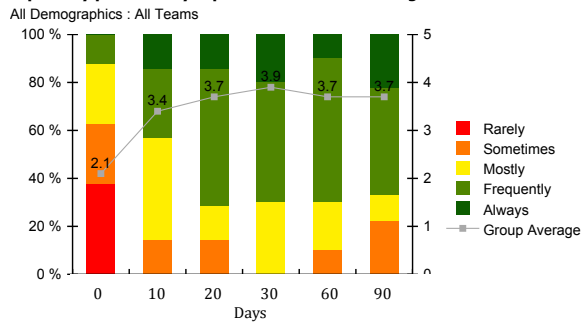
- ✓ 72% increase on daily productivity
- ✓ 100% increase of feeling in control and able to manage distractions and impact productivity
- ✓ 100% increase in quality work completed on a daily basis

See graphs over the page for details of results

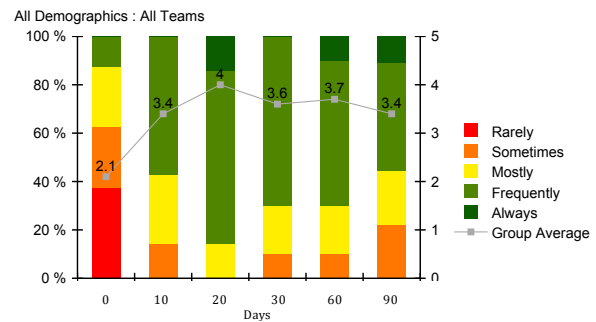
Key Outcomes

Behaviours (and behaviour change) was tracked by survey technology from baseline (1) and then at intervals of 10, 20, 30, 60 & 90 days. The results have been pictured below.

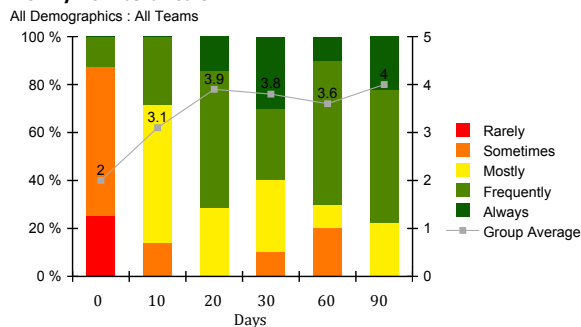
Question - My awareness of how my behaviours and habits at work impact my productivity & performance is increasing



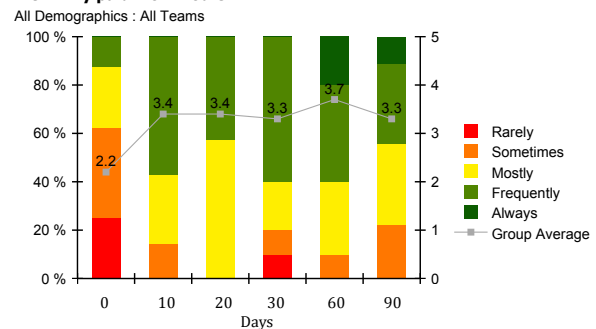
Question - I am achieving more on a daily basis



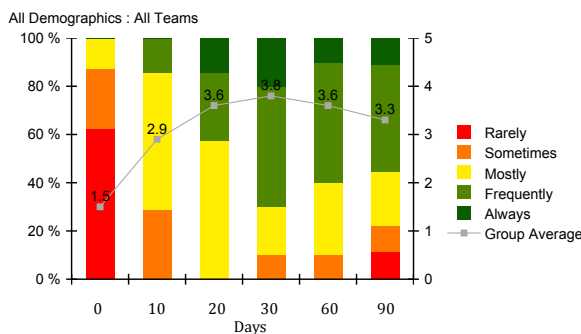
Question - I am finding I have more control over the choices I make with my work behaviours



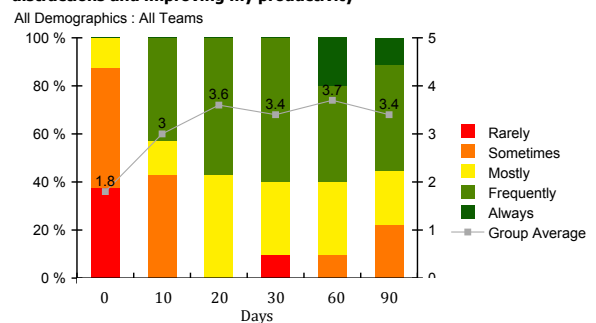
Question - I am getting better at achieving what's expected of me within my paid work hours



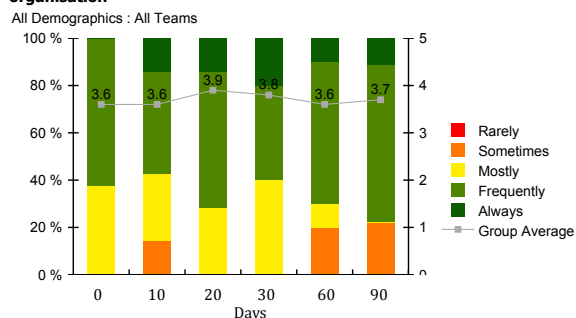
Question - I am able to stick to my new behaviour when it feels hard



Question - Overall I feel I am more in control with managing distractions and improving my productivity



Question - My efforts increasingly contribute to the success of my organisation



Question - How many hours of quality work do you get done on a daily basis

