

SUCCESS BY DESIGN TRAINING



THE 888 PRODUCTIVITY TRAINING

WWW.SUCCESSBYDESIGNTRAINING.COM

The 888 Formula

Is a cutting-edge, holistic approach to work life balance. A practical framework that helps individuals audit their life and identify areas for development against 3 key metrics.



It is the optimum way to breakdown a 24 hour day based on science and cultural norms, it provides individuals with a high level snapshot of their current situation and is the gateway to creating better work-life balance.

Purpose

Everyone gets the same 24 hours, but they don't have the same beliefs, habits and actions, our training addresses this. Some individuals are able to manage multiple tasks, teams, and targets while others struggle to keep on top of their to-do list and life admin.

Our training is designed to highlight possibility, identify potential and improve the productivity of an individual. When they make an adjustment to one area of their life it has a multiplier effect in all areas (work-life balance).

Our Mission

To help 1 million individuals get better work/life balance by 2025, improve their productivity & general wellbeing.

*"Addressing wellbeing at work
increases productivity by as much as 12%"
Mental Health Foundation*



The 888 Productivity Method

Is a holistic approach to productivity, a unique combination of practical training and mindset coaching to facilitate lasting change.

- The **888 Productivity Method** is divided into 3 key areas that can be delivered as masterclass introduction sessions (30/60/90 mins) as well as 1/2 and full-day workshops for your teams that can focus on the development areas of your choice.
- We also offer executive coaching for senior executives that want to develop their own skills in order to lead high powered teams with integrity.

Training Overview



1. Redefining Time

1. Relationship with Time
2. Holistic Productivity
3. The 888 Formula

2. Productivity in Practice

1. 3x your productivity & avoiding distractions
2. Prioritising & Planning
3. Task Management & Processes

3. Work/Life Balance in Practice

1. Introduction to work/life balance
2. Busting the balance Myths
3. Creating better work-life balance

Executive Support

1:1 Executive Coaching on development areas

Redefining Time

The relationship an individual has with time is unique to them. Their upbringing, education and societal influences has created the story they believe about it.

Beliefs like:

- There is never enough
- It's too late to change now
- Busy people are important people
- I don't have time to try something new
- Other peoples time is more valuable than mine



"26% of work is done outside of normal working hours." Rescue Time Study 2019

The case for training

Change is simple, but not easy, it requires, a process, accountability and a feedback loop to generate meaningful results.

Our training gives your workforce the information, tools and strategies they need to create career/life changing results (one step at a time) with support that will have a ripple effect within your organisation and their wider ecosystem.

Key Points

- Holistic approach to Productivity.
- Science backed training, designed to increase confidence, teach business/life balance skills and improve well-being.
- Give your organisation the edge it needs to recruit, reward and retain top talent empowered and inspired to come to work and perform at their full potential.



"Knowledge workers, on average, check email and Slack every 6 minutes (with 35.5% checking in every 3 minutes or less.)"
Rescue Time Study 2019

Praise

"I had the true pleasure to take part in Abigail's Workshop. The content was really thought-provoking and inspiring. It made me reflect and at the same time gave me pragmatic tools in order to get into action after the session. What made the real difference was Abigail's way of delivering the workshop. Her enthusiasm is contagious. She keeps the audience in her hands throughout the entire workshop. She does this via her authentic style, daring to display vulnerability and shares very openly her story. I have also experienced Abigail is a great coach, showing true interest in others development with clear and precise questions. I am happy to give Abigail my best recommendations." Thomas Kronberg CEO Permovo Coaching



Let's arrange a call to find out if what we offer is the next step for your organisation.
Email: enquiries@successbydesigntraining.com
www.successbydesigntraining.com