

zone

The DAILY HABITS of HIGH ACHIEVERS



“Brilliant, thought provoking and entertaining seminar – ideal for any audience!”

Caty Carfrae
DEPT OF EDUCATION, EMPLOYMENT & WORKPLACE RELATIONS

MARK BUNN

Work smarter not harder to do 30% more
... in 30% less time... with 30% less stress!

Everyone is busy, but how many of us are truly productive?

With the “cult of busy” in full swing it’s no wonder many of us feel overwhelmed with work. And yet the most effective, high-performing business people in the world (think Richard Branson, Janine Allis, Tim Ferriss) seem to do more with less... a lot less.

In this engaging, practical and highly-relevant workshop, Mark teaches participants the 7 productivity practices of high achievers that will transform their time-management, motivation and bottom-line results.

KEY TAKEAWAYS INCLUDE HOW TO:

- › Stop email, facebook and other digital disruptions sabotaging productivity
- › Reduce distractions, control technology and outsource to save time and stress
- › Get in your ‘Flow State’ to do much more, in less time... more often
- › Better clarify goals, prioritise and motivate yourself and others