



Women's Leadership Summit



JUNE 2, 2022



Agenda

- Define productivity and reframe the expectations
- Understand the cognitive tunnel and its ramifications
- Create habits for getting things done
- Provide tools for ascertaining what we really care about



Sinead Voorhees

I am a mum of four crazy kids. I am married to the man of my dreams. I love coffee with a little bit of cream and am afraid of slugs. Gross. My life's purpose is to provide worthy people a chance at their redemption lap. I accidentally fell into academia 10 years ago and never looked back. I am learning to be a farm girl as we develop our 10.5 acres. I have a loud laugh. I snort when I laugh. I laugh often. Hopefully I will make you laugh today!

Let's begin.

Productivity

What is it?

How do you achieve it?

Reframing the definition of productivity

Productivity is the ability to **get things done** without sacrificing **everything you care about** along the way.

- Charles Duhigg



Cognitive Tunnel

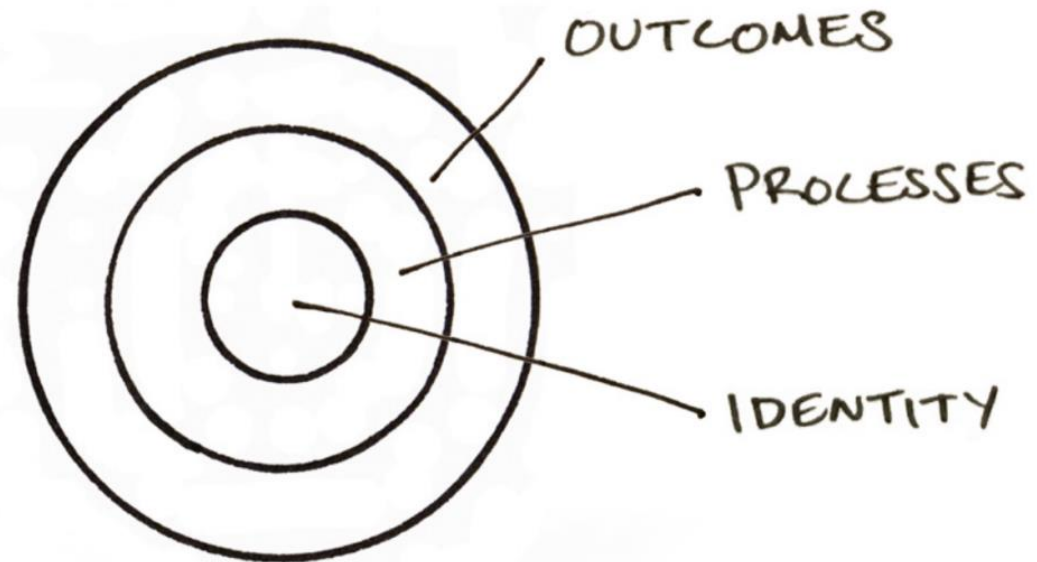
- Constant state of over-stimulus
- Living in response to a demands oriented life
- Fail to make the *best* choices for yourself
- Confuse movement with progress



“The ability to get things done...”

- Identity Based Habits
- Systems Approach
- Two-minute Breakdown

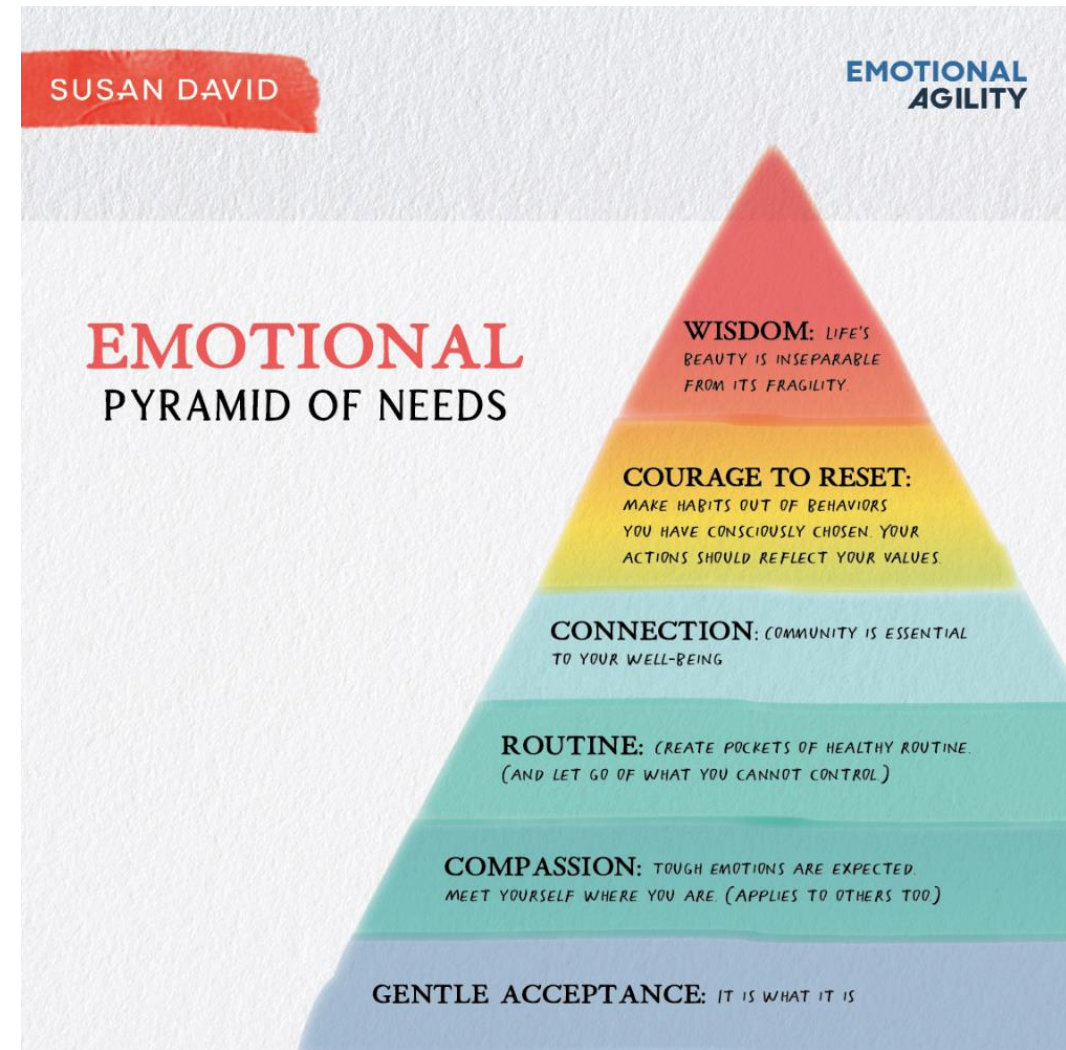
THREE LAYERS OF BEHAVIOR CHANGE



...Without sacrificing everything you care about along the way."

Three exercises

- The Inverse
- Minimum Requirements
- Have to/ Get to





As a leader, ask yourself...

What helps my team get things done and what do they care about?

Key takeaways

Productivity has nothing to do with moving faster or being more efficient

Start recognizing when you are in the cognitive tunnel

Constantly reacting to others demands means you are not pursuing what YOU really care about

Your current behaviors are simply a reflection of your current identity

We are emotional creatures who sometimes think



Thank you

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