

Work Smarter, Not Harder

With a Productivity Talk Series

A Productivity or Wellbeing talk can boost employee engagement, can help reduce individual stress and overwhelm and improve performance.

Many of our clients sign up for a series of talks which is a training option that helps an organisation implement real change. Participants have time to reflect on different aspects of their productivity which helps them identify practical things to implement during the series.

Our 3-part series includes talks on:

1. How to Boost your Productivity in a Busy Role
2. How to Win Back Time by Managing Distractions
3. Smart Email Management

This list of topics can be customised to suit your organisation's interest and needs.

Presenter

The series is delivered by Productivity & Wellbeing Consultant Moira Dunne, founder of beproductive.ie

beproductive.ie is a productivity consultancy with a mission to help people take control of their work lives so they can achieve more with less stress. Checkout the website for lots of great blogs and resources.



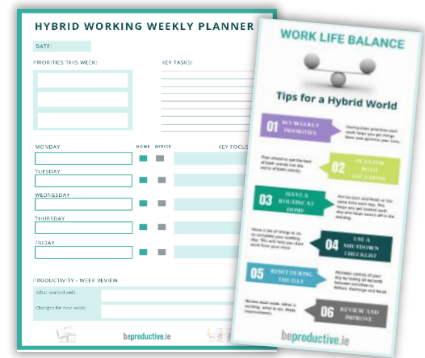
Duration & Format

Our talks can be delivered in house or remotely on the platform of your choice. The talks generally last 60 minutes and the interactive format includes 45 minutes slideshare, polls and exercises and 15 minutes Q and A.

Productivity Resources

We provide a range of resources to help people implement the tips they learn during the series.

Examples include the 'Weekly Planner' template and 'Work Life Balance Tips' card.



Fee Structure for 3-Part Series

Online Webinar

€1050 less Workplace Wellbeing Day discount 20% = €840

In-House Seminar

€1350 less Workplace Wellbeing Day discount 20% = €1080

No VAT applicable.

These fees include an online planning call in advance of the series.

We also offer a 6-part series. Contact Moira for more details.

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