



A MINUTE TO THINK: CONQUER BUSYNESS, RECLAIM  
CREATIVITY AND DO YOUR BEST WORK

with Juliet Funt

\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

## A MINUTE TO THINK: CONQUER BUSYNESS, RECLAIM CREATIVITY AND DO YOUR BEST WORK

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Do you wish you could stop the mayhem of work and life for a brief moment and just take a minute? Do you sense you could contribute more if there were more room in the day? Many people feel this way, but taking a restorative pause has felt impossible-until now.

You're not alone in yearning for freedom from constant reactivity. We're relentlessly behind the curve, attending to crises everywhere, and our 3 a.m. insomnia provides the day's only unscheduled time to think. What we need again in our lives is the missing element of white space-short periods of open, unscheduled time that, when recaptured, change the very nature of work. White space is the stepping back, the strategic pause, and the oxygen that allows the sparks of our efforts to catch fire. It's yours to reclaim, and this program will show you how.

In this lively program based on Juliet Funt's new book, *A Minute to Think*, you'll receive the permission, framework, and direction you need to regain control of your overloaded, caffeinated, inbox-worshipping workday and find a precious minute. Using memorable stories and razor-sharp instruction, Juliet will help you rediscover the meaning of your work, the way out of burnout, and the liberty of your time.

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Juliet Funt is a globally renowned speaker and author of *A Minute to Think*, nominated for the Next Big Idea Club curated by Malcolm Gladwell, Dan Pink, Susan Cain and Adam Grant. She is an evangelist for freeing the potential of companies by unburdening their talent from busywork, and she has brought her powerful concepts to Spotify, National Geographic, Anthem, Vans, Abbott, Costco, Pepsi, Nike, Wells Fargo, Sephora, Sysco, and ESPN. Using research, client stories, and a relatable voice, Juliet shows all of us how to reclaim time for thinking and make room for what truly matters.

## TOPICS COVERED

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### BREAKING THE TRANCE

- THE CULTURE OF INSATIABILITY
- HOW BURNOUT BECAME INGRAINED
- WHAT IT MEANS TO FEED THE FIRE
- WHITE SPACE: THE MISSING ELEMENT

### REGAINING BASIC FOCUS

- LEARNING TO USE THE WEDGE
- SOCIAL CONFORMITY AND OTHER DRIVERS
- THE THIEVES OF TIME
- THE SIMPLIFICATION QUESTIONS
- HALLUCINATED URGENCY

### THE TOOLS THAT TURN ON US

- THE BEAST OF EMAIL AND MESSAGING
- HOW TO HAVE FEWER MEETINGS
- THE HIDDEN COST OF BUSYNESS
- HOW TO STREAMLINE THE TASK LIST

### ONWARD AND UPWARD

- THE EMPATHY GAP AND HOW TO CLOSE IT
- TRANSFORMATION AND INTEGRATION CHALLENGES
- HOW TO CHANGE GROUP BEHAVIOR

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