



TINYBOX

DO MORE
THAT
MATTERS.

*Increase
ROI of your time*

*Enhance
productivity*

*Decrease
anxiety & stress*

MAXIMISE TIME & ENERGY

MASTER THE ART OF GAINING CONTROL OF YOUR TIME

Leverage your time efficiently and become anxiety-free, especially during a time of virtual remote or hybrid working. Sharing real-life use cases, you will learn about three tools to increase energy and efficiency in your life immediately. (Re)implementing these concepts will ensure you are reducing stress and increasing success.

YOUR ABILITY TO MAXIMISE YOUR POTENTIAL SETS AN EXAMPLE FOR YOUR TEAMS AND BUILDS TRUST

Combining theory and practice, this course is designed by professionals for professionals, leveraging their diverse and expansive experiences from successfully tested and implemented practices spanning over thirty years of practice. In high-pressure professional environments such as law and finance, we can come under pressure and feel overwhelmed and make decisions under duress.

In this workshop, we teach you a number of tools that enable you to identify and prioritise relevant tasks and delegate those that are not urgent, so you can complete them effectively and efficiently, thereby reducing stress so you can remain in balance and control of your reaction whilst under duress. We have a mission to reduce burnout that many professionals experience in their lifetimes, teaching new practitioners and seasoned experts the core principles of maximising time and energy because we believe you can achieve more.

By understanding the ingredients that are necessary for your success, you can focus only on the things in your day that can help you maximise your personal output.

We also help you break down your daily tasks to help you achieve your long-term goals and vision top of mind and ensure these are not sacrificed to survive in the near term.

You leave with a comprehensive, instantly applicable toolkit, so you have all you need to take your time and energy back into your own hands.



TINYBOX | IT'S ABOUT STRATEGY, NOT TECHNOLOGY.

TinyBox is an independent think tank for social leadership and innovation culture to address the value of emerging technologies. Using the most relevant business cases, we help our clients around the globe to stay ahead in an ever faster changing world. Our tools and programs create value by incorporating business strategy with technologies, people operations and leadership development to ensure your success well into the future.

For questions or further information about our programs, don not hesitate to contact us at [▶ hello@tinybox.me](mailto:hello@tinybox.me) or www.tinybox.academy