

Effort v output

September
2015
Issue 14

If 80% of your results comes from 20% of your efforts, what is the 20% you need to focus on?

We talk about working hard, putting in lots of effort, but perhaps it's more to do with, inspired action and a positive frame of mind...

I'm recently read Gretchen Rubin's The Happiness Project and she talks about happiness being a critical factor for work. She states that the happy outperform the less happy and are less likely to show the counterproductive behaviour of burnout and unproductive work. Apparently a study has shown that students who are happy as freshmen were earning more money in their mid -thirties, without the wealth advantage to start.

Therefore our frame of mind together with our ability to organise our time - super efficiently - makes a huge difference to our effectiveness and output. And we are more likely to enjoy ourselves, at the same time!

Do what you love and love what you do!

Rachel has worked with many of the Sunday Times Top 100 Companies advising on wellbeing programmes. Her clients have also included Barclays Bank PLC, Barnardos, QVC and Moneysupermarket.com.

Rachel is committed to changing the culture of business in the UK so that people look forward to coming to work and are motivated to contribute their best. She also supports schools and communities to motivate young people to feel confident and achieve their full potential.

Rachel works with fast growth companies to help them build sustainability, showing them how to build a structure that supports their rapid growth so they continue to grow, without compromising their customer service. She specialises in training business owners how to motivate teams to increase productivity and build the brand. Rachel also works with established teams / companies to help them manage times of change and uncertainty.

Passionate about the importance of wellbeing and empowerment, Rachel knows first hand, how this significantly impacts on efficiency, productivity and ultimately profit. She learnt the value of motivated people during her 20-year career at Barclays Bank PLC, when she helped turn around underperforming teams; in one case, in a team of 80 people, reducing headcount by 7% whilst both improving productivity of agents by 40% and decreasing absenteeism from 17% to 5% in 4 months.

30 years experience within the corporate arena, more than 10 years and over 4,500 hours experience as a coach, 10 years experience as a consultant and trainer, all of which equip her to work incredibly effectively with you and / or your business.

Rachel works with people who are constantly striving to improve and / or going through periods of change or transition. Rachel helps them elevate their thinking and problem solving so they can work through the various issues they face with relative ease and speed, accelerating their performance and impact.

For more information please phone or e-mail

Rachel Watson 07746 030 172

rachel@completeharmony.co.uk

www.completeharmony.co.uk

www.thewellbeingprogramme.com