



Synchronicity: The Art and Science of Peak Productivity

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Synchronicity is a departure from traditional views of getting things done. Too often, the emphasis is on the list—tracking tasks and keeping details on a calendar or in a smartphone. But the most productive people operate with a different perspective and belief system. They know *when* to do *what*—aligning different activities with their peak or plateaus during the day: Timing is everything—especially when working remotely!

In this program, you will better understand your chronotype—your circadian rhythm that reveals the time where you peak or plateau, so you can capitalize on your strengths and schedule tasks around your daily rhythms. You will understand the psychology of peak productivity and to use your mindset and skillset productively.

Learn More with this 2-minute Explainer Video: <https://vimeo.com/426283393>

Topics:

- How to ensure that each activity has a purpose, driven by values or talent.
- The difference between the routine and the high-priority task
- How to recognize and leverage pockets of time
- Your chronotype: where and when do you do your best work?
- The benefits of micro and macro-planning
- How your beliefs influence your productivity
- The power of intention
- Your locus of control: Internal or External?
- The realities behind “sprints and marathons.”
- Technology: White Elephant or Catalyst?
- Your productivity is synching!
- Getting Started: Great beginnings and Fresh Starts

This interactive workshop explores best practices and productivity pitfalls, leaving participants with a fresh view of how to approach managing multiple priorities, the psychology behind versatility and adaptability, and a repeatable process to follow moving forward. This is not a program to attend it is a program to use!

Registration: \$195/person / **REGISTER NOW** Contact us at (323) 833-9933 or info@stratlearning.com
After you register, you will receive a ZOOM link to participate

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Presenter: Ken Lodi is a business coach, author and professional speaker. He has delivered over 3,000 presentations in 5 countries and worked as a behind-the-scenes coach to people in sports and entertainment. He has produced several corporate training videos, and provided the voice-over for many successful audio programs. Ken has been featured as a subject matter expert on NBC and ABC news.

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