

Disrupting the Cycle of Work Overload

How increased self-awareness saved time and increased team productivity



Role: Local Government Compliance Manager

Situation at Start: Kim didn't have enough staff to cover the workload. She was caught in a cycle of work overload. She was working unrealistic hours to get caught up, but it wasn't producing results. Kim struggled with delegating and trusting the abilities of the team she had.

Solution: Through leadership coaching and training, Kim deepened her self-awareness, identifying her go-to behavior under stress, and started being more open and transparent with her team.

Personal Transformation: Kim gained self-awareness around her own limiting beliefs. She realized she was not the only person capable of doing a great job. She let go of tasks she used to do and trusted her team.

Result: One of Kim's greatest accomplishment was confidence building, not just in herself, but with her team. The confidence boost increased performance and freed up time. She was able to produce more with her team, disrupt the cycle of work overload, and create a team experience where all were empowered to contribute.

Financial Pay-Off: By shifting her focus and increasing trust, the cost savings from Kim's transformation was \$19,760 due to her team's increased efficiency.

"I have saved time. Easily saved five hours a week, but it could be double that in some weeks. A lot of it is due to confidence building. It empowers and supports my team if I trust them. All of this is due to what I gained in this training"

- Kim S.

ROI data presented is sourced from impact studies conducted by Henley Leadership Group on programs and coaching engagements. Names have been changed; details of the organization have been disguised to protect the identity of the individual and the organization.