



Boss of Busy

Building strategies to strive in relentless change

You've probably heard a lot of people tell you how busy they are lately. It's become this default response when you ask anyone how they're doing: 'busy', 'so busy', 'busy, busy, busy'.

Being busy has become a badge of honour – albeit a heavy, awkward and uncomfortable one that doesn't seem to go with anything in your wardrobe.

As it turns out, it doesn't have to be like this. You mightn't be able to control the pace of change in the world, but you can bring calm to the chaos because it's your relationship with busyness that determines how busy you really are.

Our Boss of Busy program provides a practical model to assist in self-diagnosing when you are being a boss of busy and when you aren't. Through proven techniques, you will learn to control the tension of pressure and find a way to stay motivated and make progress.



State of being

Identify the states of being that are commonly experienced in response to too much pressure or limited progress.



Four P's of busyness

Learn how perfectionism, procrastination, pessimism and people pleasing all impact our state of being.



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Discover techniques and strategies to become the boss of busy across all areas of life.