

Beyond Busywork: A Smarter Approach to Sustainable Performance

A Wellbeing and Workload Management Experience for the Modern Workplace developed in collaboration with Work Time Revolution

PROGRAM OVERVIEW

A unique blend of science, strategy, and simple practices, this program helps leaders and teams break free from the overload of modern work—where endless meetings, digital noise, and tool fatigue are the norm.

Grounded in human-centered design and emerging workplace trends, this course reimagines productivity through the lens of energy, clarity, and sustainable performance.

Together, participants learn to reduce friction, improve focus, and embed wellbeing into the very fabric of how work gets done.

Content includes:

- Strategies for reducing busywork and collaboration overload
- Tools for focus, recovery, and workload mapping
- Smarter AI use grounded in human judgment and wellbeing
- Real-world workplace experiments and habit-building tools
- Practical frameworks for team energy management and meeting design

IMPACT & OUTCOMES

- ✓ Free up time by reducing low-value busywork
- ✓ Increase clarity, focus, and energy for high-impact work
- ✓ Equip leaders to manage team energy—not just schedules
- ✓ Reduce burnout and quiet quitting by embedding wellbeing into workflow
- ✓ Build team norms around deep work, recovery, and intentional tech use
- ✓ Activate shared accountability and habits that stick

CORE TOPICS BY SESSION

Session 1 – *Why Work Isn't Working*

Unpacking the hidden costs of busywork, burnout, and reactive work culture

Session 2 – *Mapping Workload & Energy*

Identifying where energy goes and what's draining capacity

Session 3 – *Designing Smarter Collaboration*

Meeting redesign, communication flow, and attention management

Session 4 – *Focus, Recovery, and AI Integration*

Human-centered tools and rituals for deep work—and how to integrate AI intentionally

Session 5 – *Leading for Sustainable Performance*

Shifting team culture toward clarity, trust, and meaningful output

PROGRAM FORMATS

Bronze: Essentials Sprint

- 4–6 hours total | Virtual
- 2–4 interactive sessions
- Quick-start impact for busy leaders

Silver: Deep Dive Series

- 8–10 weeks | Virtual
- Weekly sessions + habit tracking and coaching
- Includes behavior tracking and AI productivity experiments

Gold: Retreat Intensive

- 2-day immersive experience | In-person or hybrid
- Includes pre-program diagnostics + post-program integration
- Ideal for executive teams or cultural reset moments

Custom formats available on request

ADD ONS

- Sageful AI Learning Coach to help reinforce learning and provide advanced impact measurement
- Advanced ROI Calculator and Sustainability Toolkit (includes checklists and leadership guides)
- Train-the-Trainer and enterprise licensing available

Visit www.experienceyol.com and contact us [here](#) for more information.

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