

# A Better Workday

## BUILDING RESILIENT TEAMS IN THE MODERN WORKPLACE

In today's fast-paced work environment, professionals often face digital overwhelm, constant interruptions, and increasing workloads. This full-day workshop is designed to help your team cut through the noise, align their goals with daily tasks, and adopt practices that enhance productivity without compromising well-being.

### What is A Better Workday?

Led by Niamh Moynihan, this workshop combines actionable productivity strategies with a focus on sustainable work practices, giving teams the space to realign and recharge.

Attendees will learn how to manage their workload and work-related stress, supporting both individual and collective success.

Goal & Priority Management:	Learning to prioritise effectively and set achievable goals.
Focused Work & Digital Boundaries:	Techniques to reduce digital distractions and streamline communication.
Sustainable Productivity:	Identifying personal productivity patterns and energy management strategies.
Collaboration & Communication:	Tools for improving cross-functional teamwork and managing expectations.

#### HIGHLIGHTS

This engaging workshop integrates group activities, practical exercises, and reflection time, ensuring each participant leaves with insights they can implement immediately.

Topics are tailored to address the specific needs of the team, creating an impactful and relevant experience.

#### HOW IT WORKS

- Needs Assessment to address team specific challenges.
- Interactive and engaging workshop.
- Digital resource pack
- Optional follow-up session.

### Benefits of A Better Workday

- Practical approaches to managing digital overload, staying organised, and minimising task-switching.
- Improved communication and collaboration to create a more cohesive and productive work environment.
- Actionable tools and templates that participants can continue to use beyond the workshop.

*Equip your team with the skills and insights to create a balanced, more effective workday that benefits both individual well-being and team success.*

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