



Belinda**Thomas**^{inc}

Busyness is Bullsh*t

The solution for when you want clarity
and more time in our day.

1-day training
Virtual or In-house

About the training

This course is about personal efficiency. Sure you'll get more done and have more time in your day... But, what you really need is a clear mind and cognitive energy. That's what I teach.

Time is the most out of control challenge that we face.

Constant pressure to manage your time - while the work just keeps coming and people keep interrupting - leads to stress, burnout and kills job satisfaction.

Even when you're an expert at what you do, the how you get it done can rob you of precious minutes and hold you back. This course is all about increasing personal efficiency, eliminating overwhelm, and giving you the freedom to focus on what's important.

'Busyness is Bullsh*t' is a proven "I wish I'd learned this years ago" formula!

This course is especially for you if:

- You want more time in your day
- You procrastinate
- You have multiple roles and tasks screaming for attention
- You want to streamline your day
- You're frustrated by constant interruptions and not getting stuff done

Here's the thing - you're smart and you want more time in your day. This course is not about turning you into a production factory. It's about giving you clarity and increasing your cognitive energy. Yup, that's what we mean by working smarter...

Course Outline

The foundation – setting you up to achieve more

- Master your motivation
- Goal setting

The tricky stuff – put an end to the things that hold you back

- What and how to prioritise
- Understand and eliminate procrastination
- Manage people and expectations

The tools – the practical models, methods, and processes designed to increase efficiency

- The Busy-ness is Bullsh*t efficiency dashboard
- The Busy-ness is Bullsh*t productivity planners
- How to delegate and collaborate

What's next – Drive 'em like you stole 'em

- How to integrate and implement your new skills

How it works

We believe that you deserve to love what you do!!

Which also includes us making sure that your training days run smoothly.

Easy as 1, 2, 3...

1. Make the booking
2. Let us know where and when to show up (you can order snacks if you want)
3. We'll take care of the rest.

Who is this courses for, and how many can attend?

You get to decide who to send. Up to 12 people is an ideal learning environment. After that learning slows down, people contribute differently, and the value you get decreases. We're happy to work with smaller groups too.

How long is a full days training?

Our usual day is 9 - 4, but we have flexibility to work around your needs.

How much does it cost?

We only charge for what happens in the room (the training you get, not our preparation), and reasonable disbursements (which includes travel and accommodation). Our standard day rate is \$6000+GST. We only negotiate price for really good sorts... We're confident you'll get stunning results!

What if I'm interested in a course combo?

Ohhhhh - you want the combo deal! We can talk about that. Of course that's possible to book several courses. Or it may be best that we plan something a bit special for you. Let's talk about it.



"She's savvy and skilful, made me laugh out loud and then think very hard."

– Clare Feeney, The Sustainability Strategist

"We are really fortunate to have Belinda here providing great insight and support. Trust me when I say – she knows her \$#!t."

- Julie McMurray, Head of Human Resources & People, DUAL Asia Pacific

"Belinda Thomas is an outstanding professional who is as caring, capable, and authentic as they come."

- Shelly Davies, Writing, Joy and Badassery

"Amazing. Belinda is enthusiastic, fun, friendly and engaging. A very useful and engaging course".

"Workbook is concise so I'm more likely to refer to it again".

"Belinda did an excellent job tailoring a course to meet our needs. Bubbly and friendly facilitator".

- Bay of Plenty Regional Council

JBWere

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Land Information
New Zealand

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*Lift your leadership
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