

Balance

Work

Life

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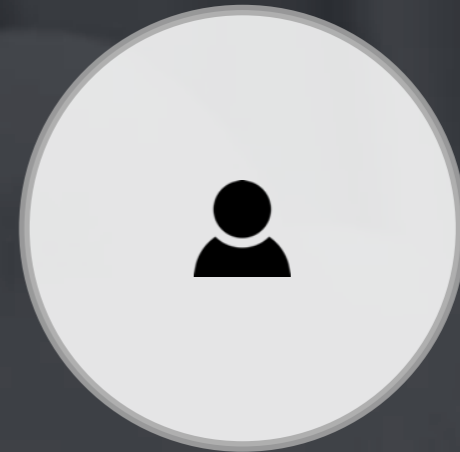


5 GEARS



How to be Present and Productive

When There is Never Enough Time



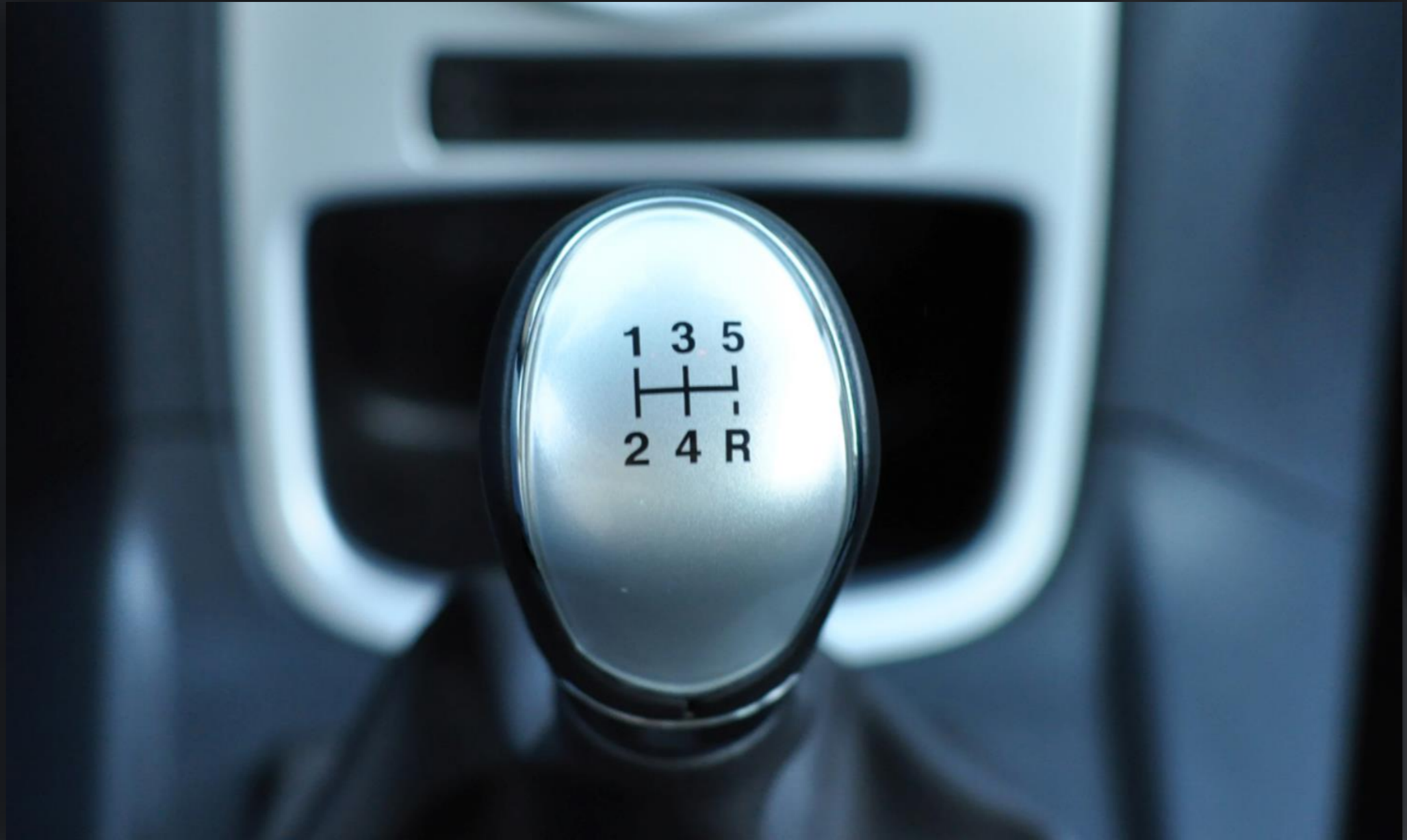
CONNECTED - VS - DISCONNECTED



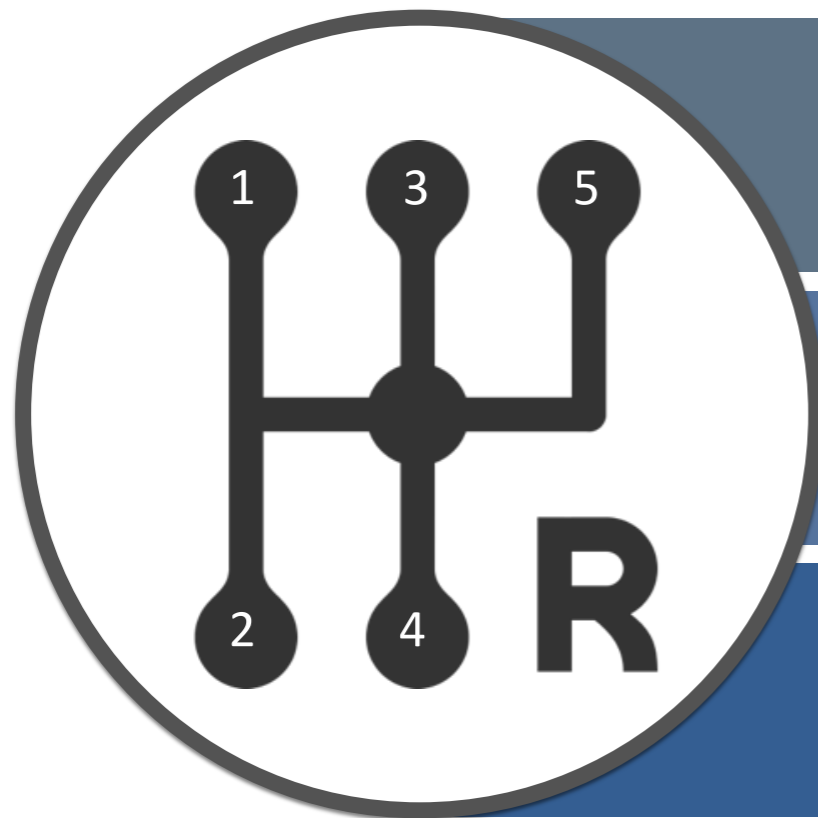
When your agenda is more important than other people, you will disconnect.

If you're over-productive you'll eventually be under-present.
And if you're under-present you'll eventually be under-productive.

THE GEARS



5 GEARS



5th

Focus Mode · Task-Centered, fully focused and moving quickly

4th

Task Mode · Multi-tasking; working hard in various ways

3rd

Social Mode · Present with people and can shift up or down easily

2nd

Connect Mode · Being present with family or friends without work

1st

Recharge Mode · Personal recharge, completely unplugged

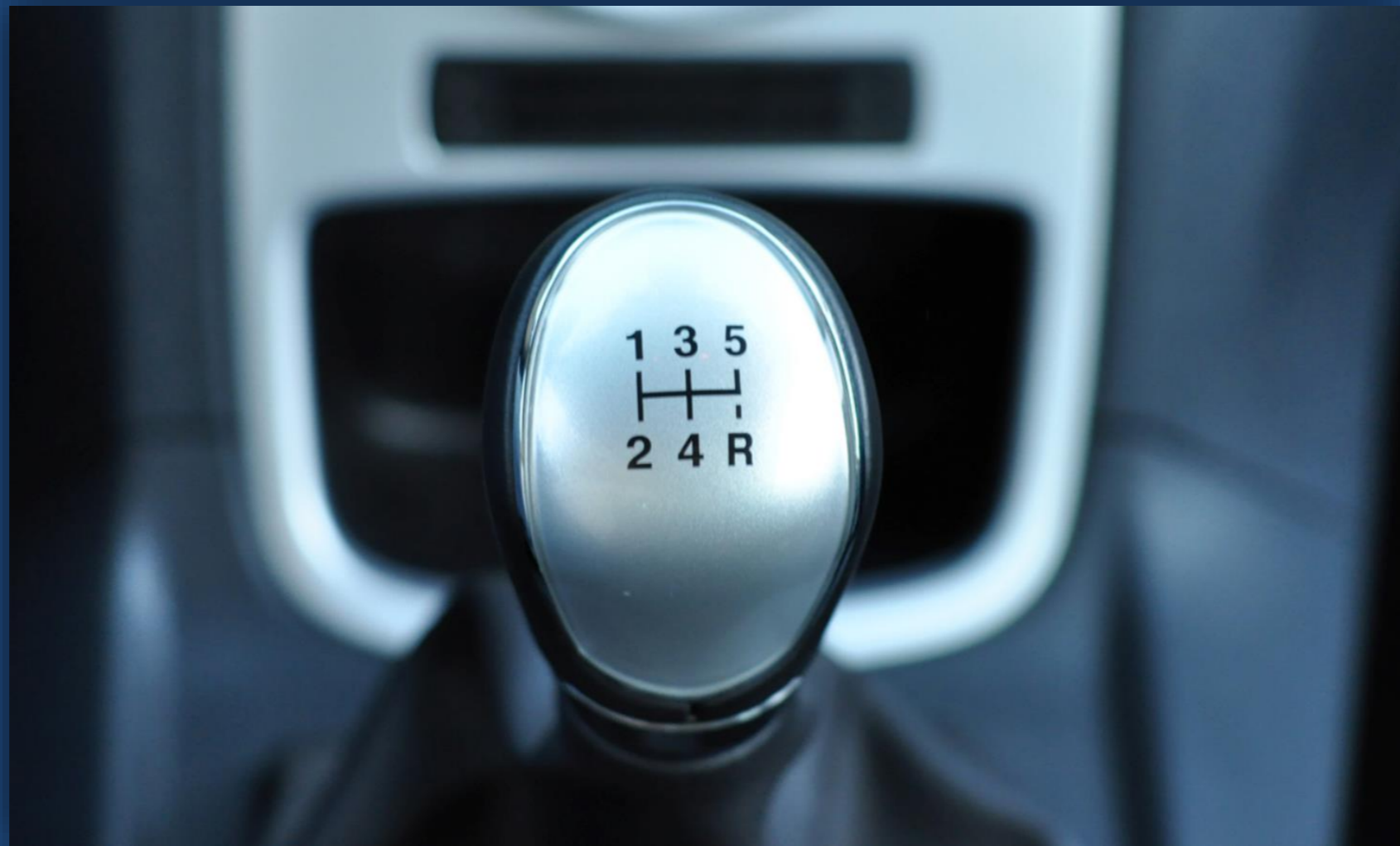
R

Responsive Mode · Backing Up or apologizing when necessary





Aha! #1 *“The over-use or consistent neglect of any Gear will lead to unhealth.”*



Aha! #2 *“Teach the tool,
and teach the sign language.”*



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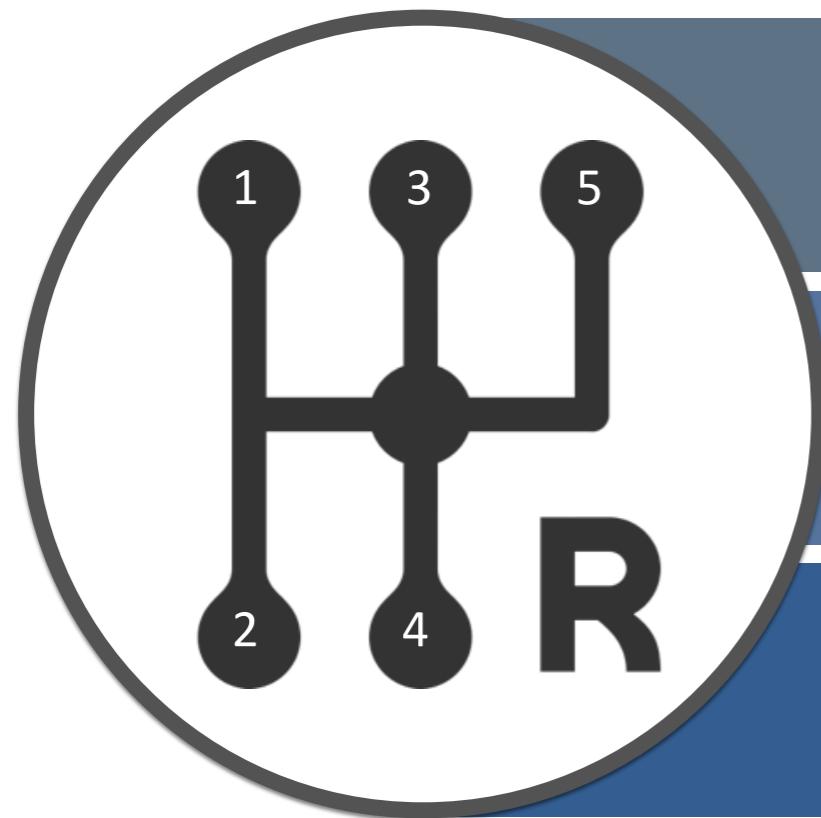
KEY QUESTION

**Pair up. Just two. Not three.
It will take too long.**

**“What’s my takeaway?”
“What’s my next move?”**



5 GEARS



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2 nd	Connect Mode · Being present with family or friends without work
1 st	Recharge Mode · Personal recharge, completely unplugged
R	Responsive Mode · Backing Up or apologizing when necessary



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We fill the world with leaders worth following. We bring leaders, their teams, and their organizations to their very best.

Thank you!

