

James HEWITT



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REGENERATIVE PERFORMANCE

DR. JAMES HEWITT

HOW TO THRIVE IN AN ALWAYS-ON WORLD WITHOUT SACRIFICING YOUR WELL-BEING

50%

show signs of burnout.

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73%

are feeling disengaged.

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\$70B

is spent on well-being.

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90%

report work-life worsening.

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COGNITIVE GEARS

HIGH GEAR

Deliberate focus on efficient, impactful, priority-driven work

MIDDLE GEAR

Switching, emails, meetings, less complex tasks

LOW GEAR

Rest and low-level activity

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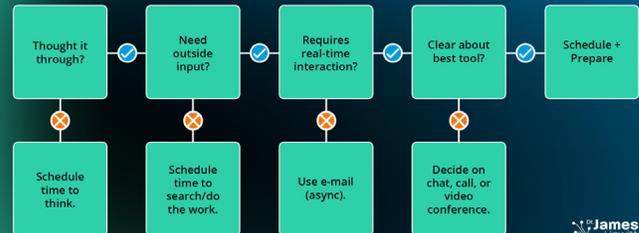
TAME YOUR EMAIL INBOX



- **Re-think** promises to respond rapidly.
- **Batch** email use to specific parts of the day.
- **Reset** expectations with email signatures.



TACKLE MEETING MAKERS



TRIAL AI-EMPLOYEE ALLIANCES



- **Summarize** and categorize messages automatically.
- **Take notes** to reduce attendance requirements and FOMO.
- **Draft** well-worded messages to replace meetings.



WHEN YOU WORK



WHAT YOU WORK ON



40% *Multi-tasking slashes productivity by 40%.*

SWITCH TO SINGLE-TASKING



HOW YOU WORK



- Feed your **focus**.
- Starve your **distractions**.
- Retrain your **brain**.



A HIGH PERFORMANCE DAY BEGINS THE NIGHT BEFORE



45% *of employees are sleep-deprived.*



A HIGH PERFORMANCE DAY BEGINS THE NIGHT BEFORE



15 IQ points *dropped in performance from sleeping 6 hours per night.*



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A HIGH PERFORMANCE DAY BEGINS THE NIGHT BEFORE



LOW

18
hours
awake

is equivalent
to being
legally drunk.

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TOP TIPS FOR BETTER SLEEP



LOW

- **Consistency** is key.
- **Darkness** is your friend.
- **Cut off** coffee at midday.
- **Think** in ink.

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REST IS NOT A REWARD



LOW

2%

Burnout
experiences
drop to 2%.

26%

Performance
boosts 26%.

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REGENERATIVE PERFORMANCE



LOW

HIGH GEAR

MIDDLE GEAR

LOW GEAR

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REGENERATIVE PERFORMANCE



LOW

LOW GEAR

Build capacity through:

- Adequate sleep
- Proactive breaks

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REGENERATIVE PERFORMANCE



LOW

MIDDLE GEAR

- **Tame** your inbox.
- **Tackle** meeting makers.
- **Trial** AI-Employee alliances.

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REGENERATIVE PERFORMANCE



LOW

HIGH GEAR

Enhance focus by considering:

- **When** you work
- **What** you work on
- **How** you work

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