

James HEWITT



REGENERATIVE PERFORMANCE

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

50%

show signs of
burnout.

73%

are feeling
disengaged.

\$70B

is spent on
well-being.

90%

report work-life
worsening.

REGENERATIVE PERFORMANCE

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



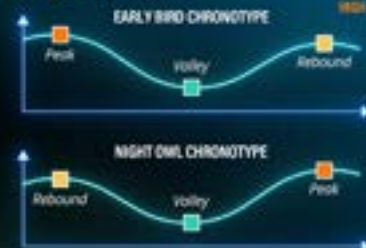
TRIAL AI-EMPLOYEE ALLIANCES



- **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



18
hours
awake

is equivalent
to being
legally drunk.



TOP TIPS FOR BETTER SLEEP



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



REST IS NOT A REWARD



2%

Burnout
experiences
drop to 2%.

26%

Performance
boosts 26%.



REGENERATIVE PERFORMANCE



HIGH GEAR

MIDDLE GEAR

LOW GEAR



REGENERATIVE PERFORMANCE



LOW GEAR

Build capacity through:

- Adequate sleep
- Proactive breaks



REGENERATIVE PERFORMANCE



MIDDLE GEAR

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



REGENERATIVE PERFORMANCE



HIGH GEAR

Enhance focus by considering:

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



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