




# Stress free productivity: How to do less + accomplish more

Ashleigh Frankel



A photograph of two young women with blonde hair, seen from the chest up, engaged in conversation outdoors at night. The woman on the left is in profile, looking towards the right, wearing a dark jacket with a light-colored fur collar. The woman on the right is seen from the back, looking towards the left. The background is dark and out of focus, showing some green foliage. The text "Take a minute to connect with your neighbour" is overlaid in white on the right side of the image.

Take a minute  
to connect with  
your neighbour

#QBConnect | WiFi: QBConnect

# CPD Process

In order to receive CPD credit

- Be sure to sign in or scan your badge for this session
- You must stay in the session for the duration of the training
- This session is eligible for **1 hour of CPD**
- CPD certificates are emailed directly to you within 4 weeks of the conference date to the same email address you used to register

# Today's speaker



**Ashleigh Frankel**

Co-Founder, The WiseMind Co.

Recovering Lawyer, Perfectionist, Procrastinator

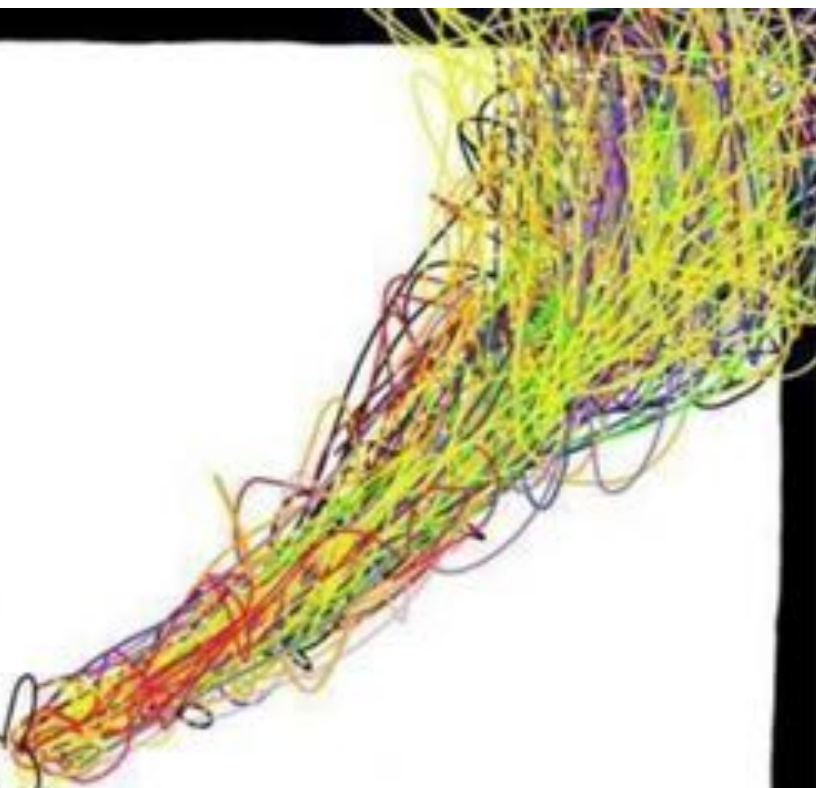
# Agenda

1. The Attention Economy
2. Success Starts In The Mind: A Productivity Mindset
3. Pause + Be Moved: The Power of Mindfulness
4. Mind Fitness – 10 Simple Practices for Strengthened Performance

What is that?!?!



Oh,  
just my mind



# The Information Age



## Pressured

## Always On (Autopilot)

## Information Overload

## Distracted



# The Attention Economy

“Information consumes attention, hence a wealth of information creates a poverty of attention.”

- Herbert Simon (1977)



8 seconds



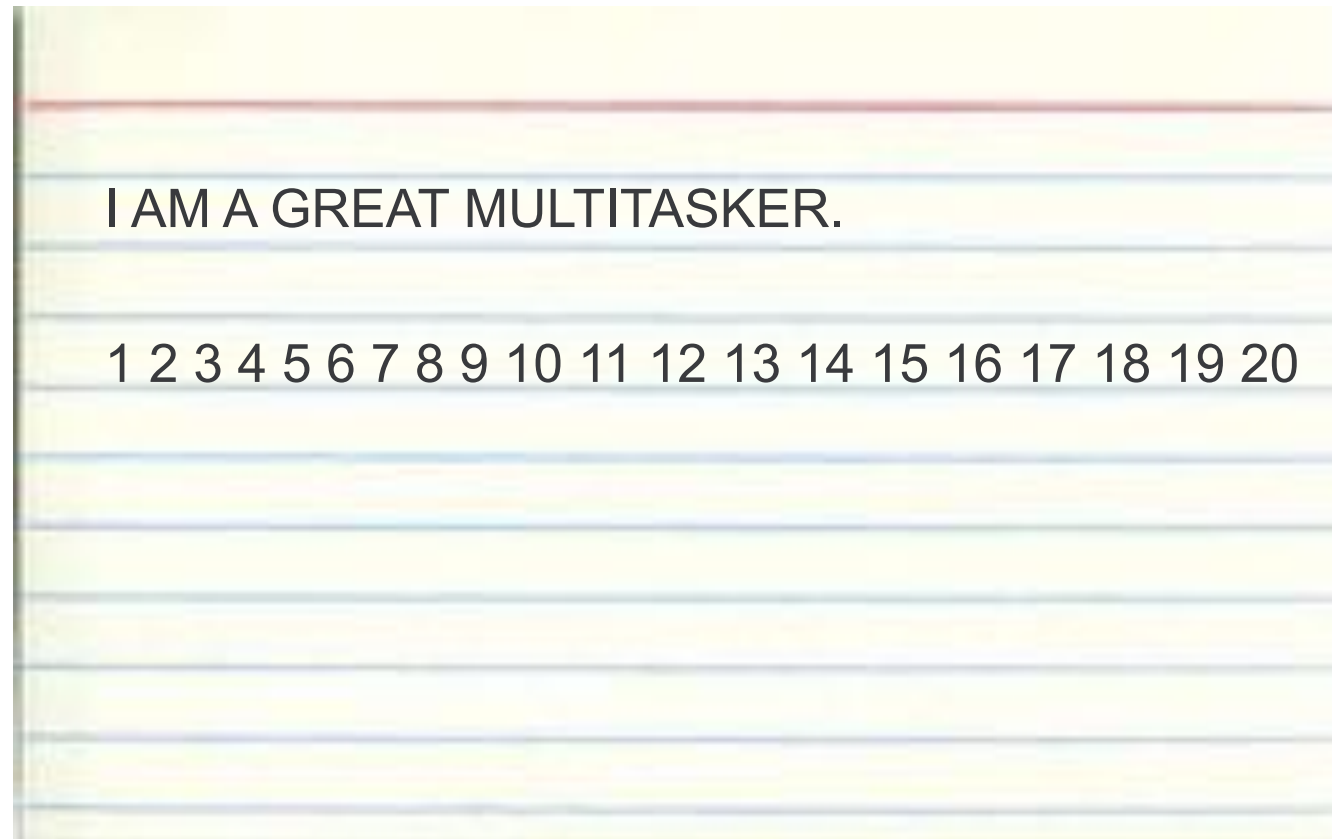
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Almost always?



# Practice: I am a great multitasker



I AM A GREAT MULTITASKER.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

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**“Never mistake activity with achievement.”- John Wooden**



# The Scandinavian Way



## FIKA: Sweden

A sweet break that is a social phenomenon, a legitimate reason to set aside a moment for quality time. It is a tradition observed frequently, preferably several times a day.

## HYGGE: Denmark

a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being  
(a defining characteristic of Danish culture).

## NIKSEN: Netherlands

a Dutch practice that literally means to do nothing, to be idle or doing something without any use.

# Success Starts In The Mind

“....if you want to change the fruits, you will first have to change the roots.”

- Secrets of the Millionaire Mind



# Success Starts In The Mind



# Reflection:

What mindset do you need in order to meet the demands of our current realities?



# Productivity Mindset

Our most valuable currency in Attention Economy

**PRESENT**

**CALM**

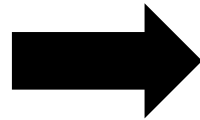
**POSITIVE**



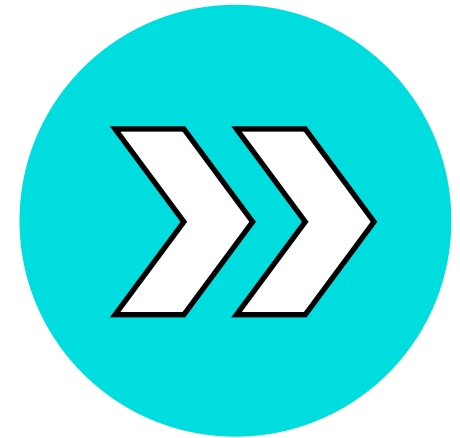
# Productivity Mindset



Thoughts



Feelings



Actions

# Productivity Mindset

**PRESENT**

**CALM**

**POSITIVE**

**MINDFUL**

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# What is mindfulness?



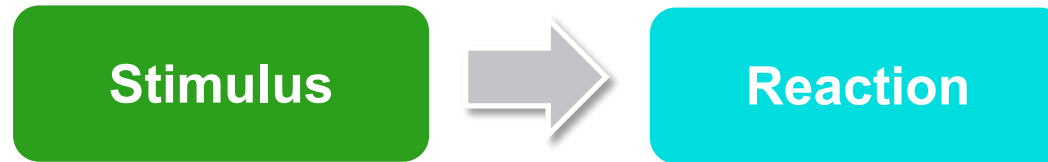
# Mindfulness Practice



# Pause + Be Moved

## The Power of the Pause

*Without  
Mindfulness*



*With  
Mindfulness*



**Mindfulness** creates space...it gives us one second. In that one second, we can replace **impulsive reactions** with **thoughtful responses**.



# Mindfulness + Productivity

- Decrease stress, anxiety
- Increase self-discipline and focus
- Improves immune system function – helping avoid burn-out, illness and increasing resilience to stress (Dr. Richie Davidson)
- Improves decision making – speed and effectiveness.
- Improves self awareness and emotional regulation.
- Rewire your brain – new neural pathways.
  - Increase gray matter in the brain stem which leads to better efficiency and higher output.
  - Cerebral blood flow.
  - Strengthen connections between DMN regions – easier to switch between idle and hyper focused.
- Aetna

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# Mind Fitness

FUEL YOUR MIND. FLEX YOUR MINDFULNESS MUSCLE. STRENGTHEN PERFORMANCE + PRODUCTIVITY.



# Practice 01: Sleep



# Practice 02: Master Your Morning

THE WAY YOU START YOUR DAY SETS THE TONE FOR THE REST OF YOUR DAY

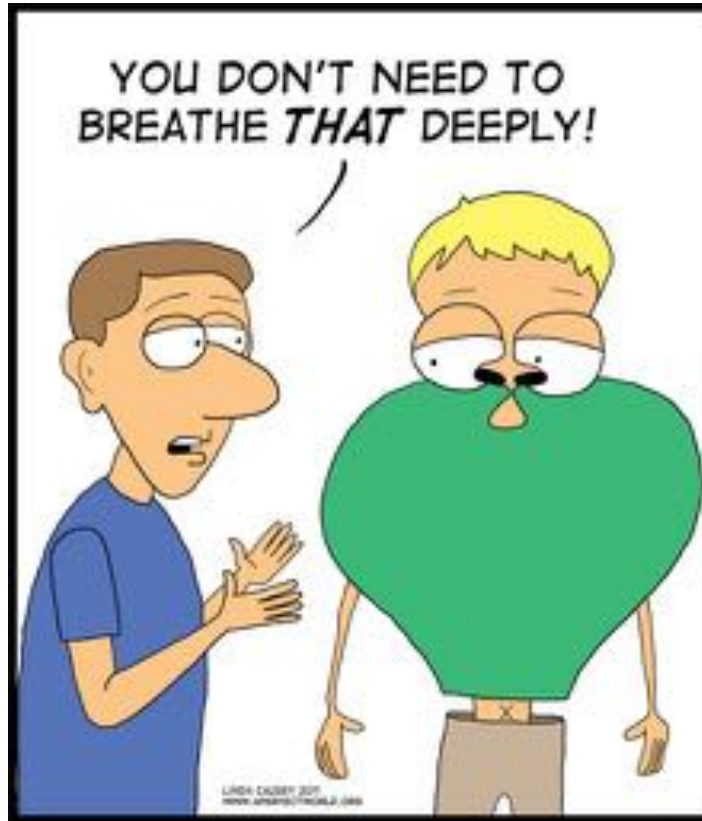


# Practice 03: Invest in Curiosity

CHANGE YOUR QUESTIONS, CHANGE YOUR LIFE



# Practice 04: Breathe



## Calming Breath:

- Inhale – 4 sec
- Hold – 7 sec
- Exhale – 8 sec



## Practice 05: Niksen



# Practice 06: Power Up Positivity

WHAT YOU WATER, GROWS.



# Practice 07: Single Task



# Practice 08: Create Space

# Practice 09: Compassion

So often when we think we need more self-discipline, we need more self-love.





# Practice 10: Play





**The future of work is human.**

OWN  
THE  
FUTURE



# Commitment

What is one practice you are going to commit to?



# Summary of Practices

1. Invest in Curiosity
2. Breathe
3. Sleep
4. Play
5. Niksen (Do Nothing)
6. Master Your Morning
7. Power Up Positivity
8. Single Task
9. Create Space
10. Compassion

**Thank you!**

**BE WELL.**

**DO WELL.**

**LEAD WELL.**

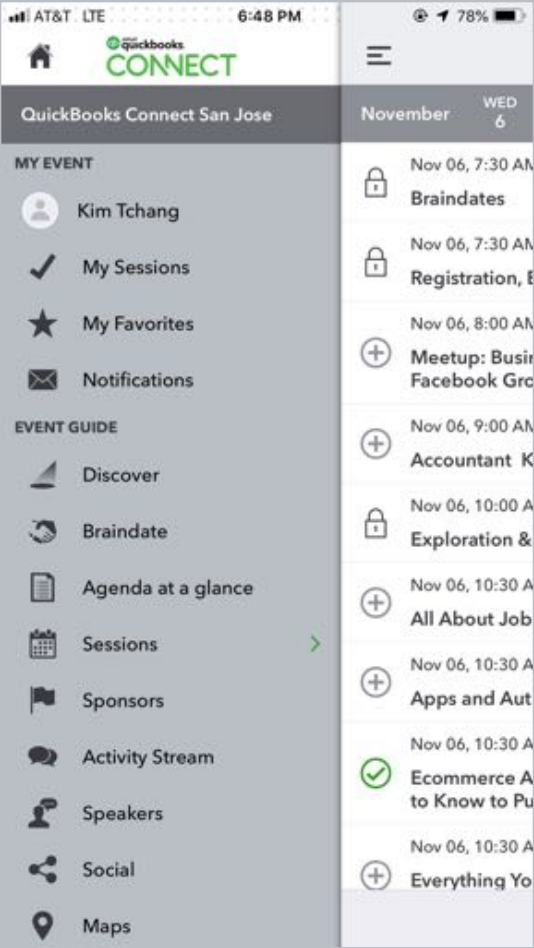


# Questions?

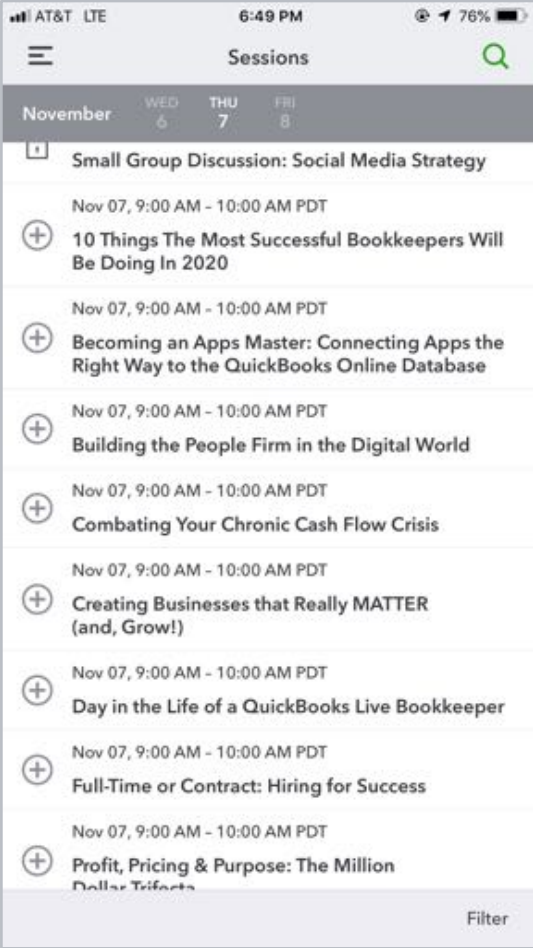
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Provide feedback to help us design content for future events

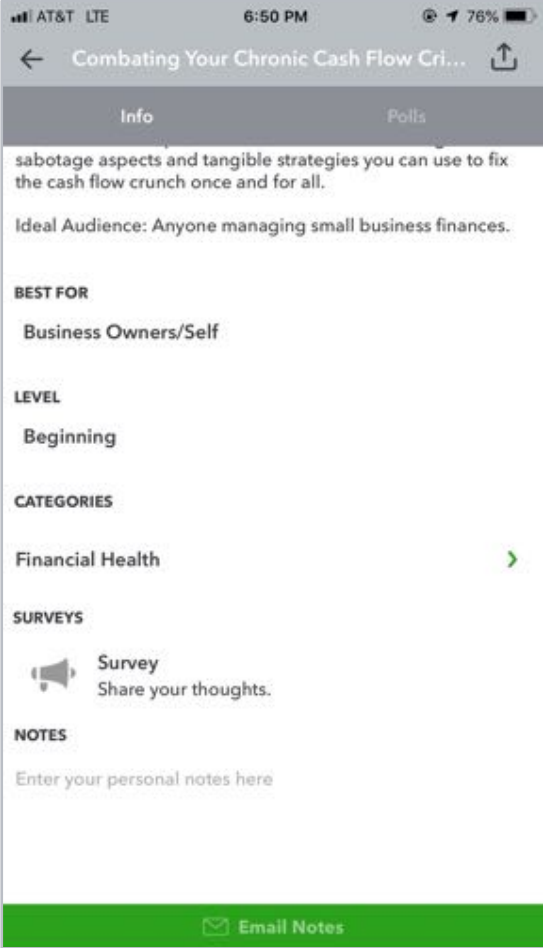
1. Select Sessions



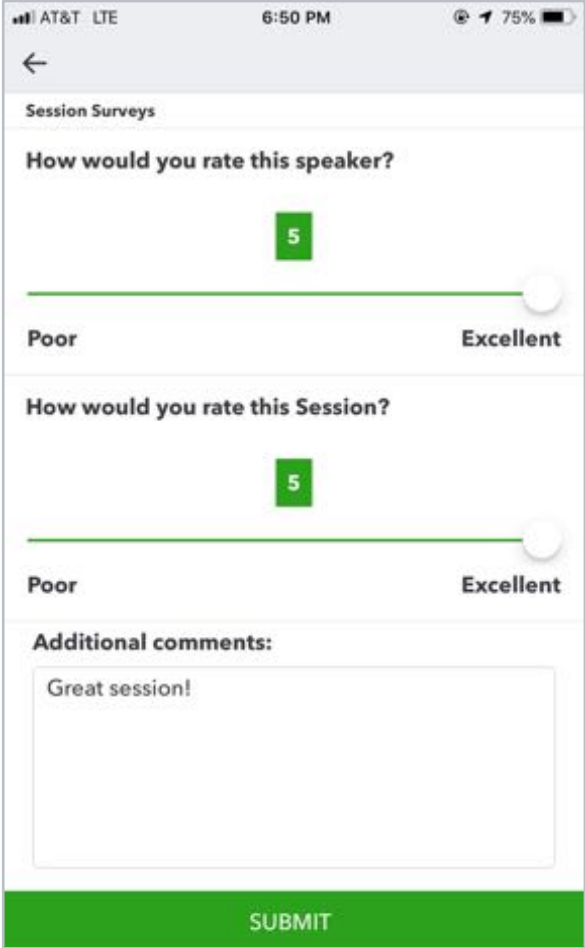
2. Select Session Title



3. Select Survey



3. Add Ratings



# Material Download

1. Find the session on the agenda
2. Select + for more information
3. Download PDF of slides and/or supplemental material

<https://can.quickbooksconnect.com/agenda/>

The screenshot shows the QuickBooks Connect Canada 2023 agenda page. At the top, there's a navigation bar with links: Why Attend, Agenda (selected), Speakers, Pricing, Sponsors, Travel, and FAQ. Below this, there are tabs for the dates: December 9 (Accountant Day), December 10 (selected), and December 11. A 'Print Agenda' link is in the top right. A paragraph describes the breakout sessions. Below this is a search bar labeled 'Search for sessions'. A 'Filters' section contains buttons for Organizational Culture, Life & Business Skills, Technology Training, Business Growth, Advisory, and Financial Health, with an 'Expand all +' link. The main agenda table lists sessions with time slots and expandable details (+ icons). The 'Breakout Sessions' section is highlighted in green. One session, 'Creating Your Small Business Culture', is expanded, showing a description, ideal audience, best for, speakers, location, track, CPD hours, and level. Other sessions listed include 'Understanding Personalities for Better Communication' and 'How to Use QuickBooks for Your Small Business: Introduction'.

Time	Session Title	Action
7:30-9:00 am	Registration, Breakfast & Exploration	+
8:00-8:45 am	Meetup: New to Networking	+
9:00-10:00 am	Morning Keynote	+
10:00-11:00 am	Exploration & Connection	+
10:15-11:00 am	Meetup: Women in the Workforce	+
11:00 am-12:00 pm	<b>Breakout Sessions</b>	
	<b>Creating Your Small Business Culture</b>	
	Many solopreneurs and small business owners feel like they don't have time to work on their company culture (or that they even should). Instead, they spend most of their days working in their business rather than "on" their business. In this session, you will receive tips on how to reduce stress, improve productivity, and improve your personal fulfillment all through the nurturing of your crew, your clients, your fans, AND yourself!	
	Ideal Audience: Business owners looking to enhance their culture.	
	Best For: Business Owners/Self-Employed	
	Speakers: Tamia Madenatz	
	Location: Room 201 CDEF	
	Track: Organizational Culture	
	CPD Hours: 1	
	Level: Introduction	
	Understanding Personalities for Better Communication	+
	How to Use QuickBooks for Your Small Business: Introduction	+



OWN  
THE  
FUTURE