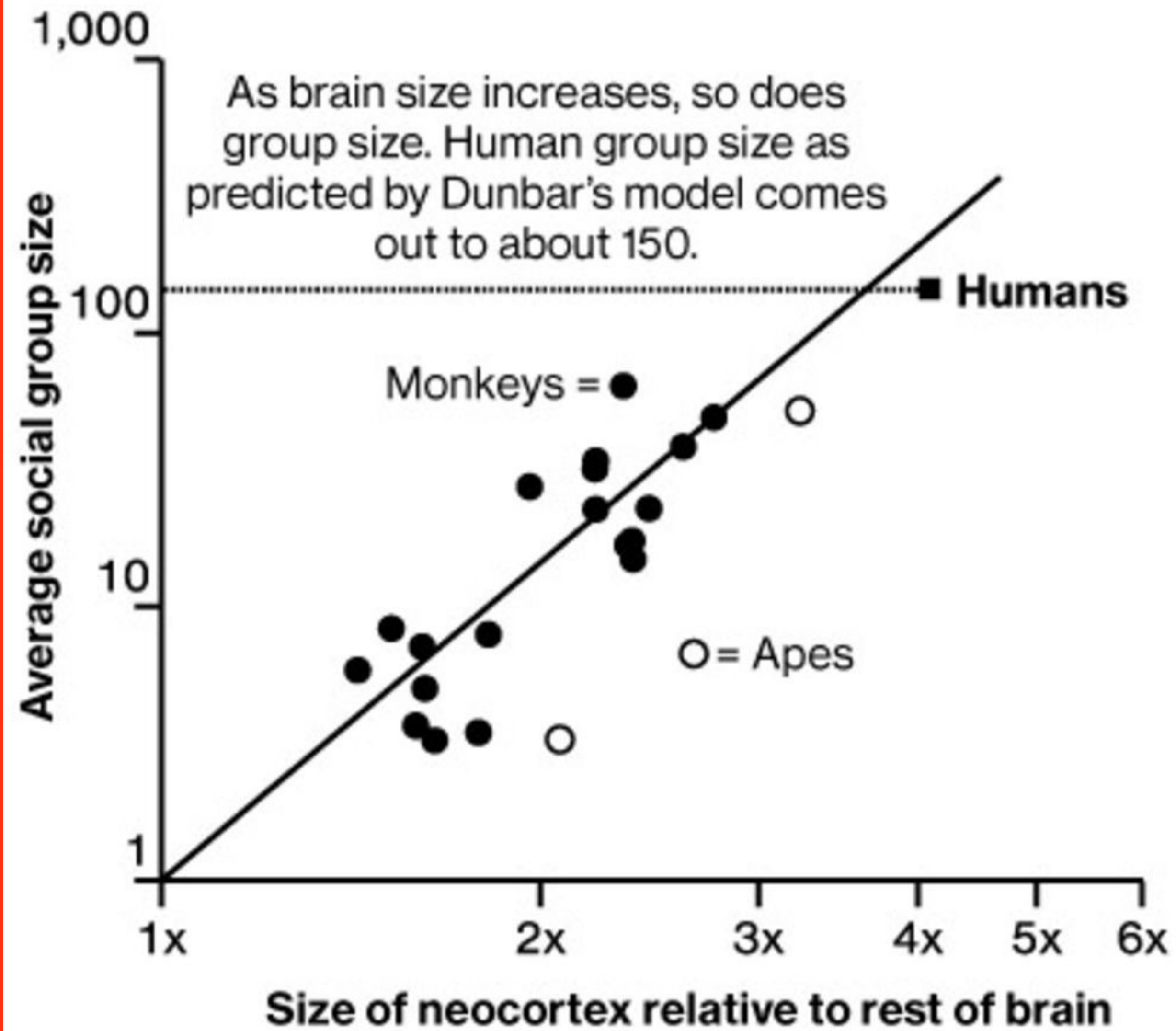


REDISCOVERING THE JOY OF WORK



Bruce Daisley

The Social Cortex



65%

of modern work is

COMMUNICATION

16 hrs
MEETINGS

2000
EMAILS

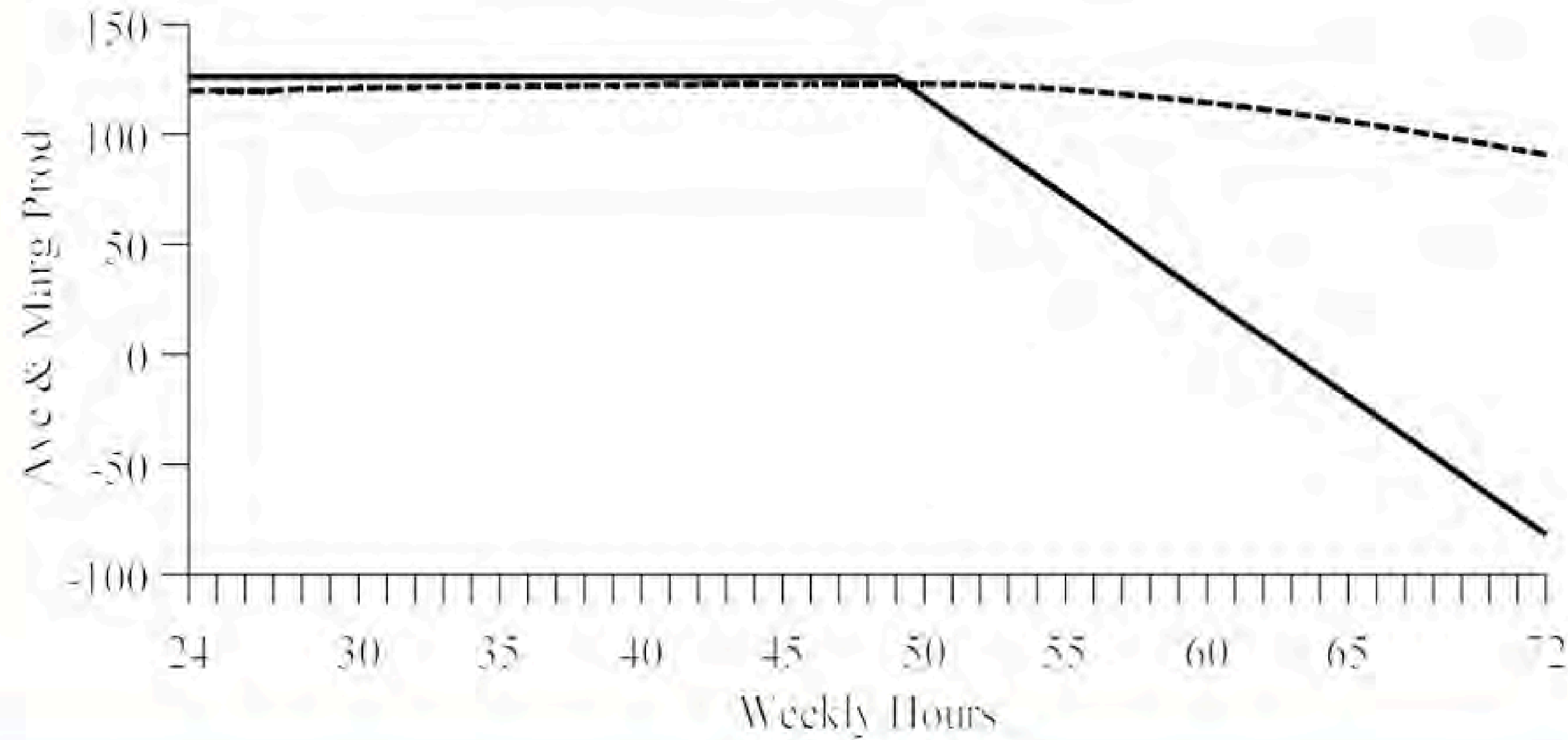
**Emotional
exhaustion**

Lethargy

BURN OUT

Depersonalisation

Marginal Product of Hours and Average Product of Hours Implied by the Estimates in column (ii) of Table 5.



“Our brains are configured to make a certain number of decisions per day and once we reach that limit, we can’t make any more, regardless of how important they are”

**Daniel Levitin - The Organised
Mind**

1

**UNDERSTAND
HOW WE THINK**

2

**UNDERSTAND
HOW WE TEAM**

3
**UNDERSTAND
HOW WE RELAX**

15 mins
-19% stress
23% performance



4
UNDERSTAND
HOW WE SETTLE
IN

**‘What is unique about you,
that leads to your happiest times at work?’**

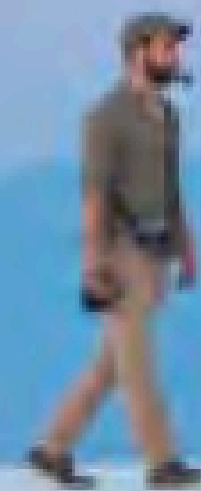
**Reflect on a specific time when you were
acting in the way you were ‘born to act’?**



5

**UNDERSTAND
HOW WE BELONG**

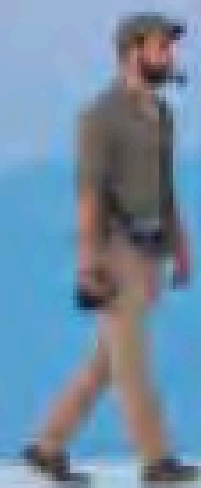
**“much of what human beings do is
done in the service of
belongingness”**



Loneliness:
Obesity:

+50%

+30%



UNDERSTAND HOW WE:

- 1 THINK
- 2 TEAM
- 3 RELAX
- 4 SETTLE
- 5 BELONG