

# WEBINAR: HOW TO STAY PRODUCTIVE DURING A STRESSFUL TIME

**WEDNESDAY, APRIL 8, 2 P.M. EST**

For many of us, working from home amidst the COVID-19 pandemic is a challenge to which we must adapt. We have to adjust to working within a new environment with new routines, while at the same time dealing with more distractions than ever before.

On the bright side, odd as this might sound, we can actually use productivity tactics as a tool to help cope with this increased stress. We're the most productive when we work with intention behind what we do—whether we're at work or at home. The more intentional we are, the more productive we become. And better yet, when we find ways to focus deeply and amplify our creativity, we can start to push out the anxious thoughts associated with this uncertain time and increase our sense of accomplishment throughout our work days.

Join the Department of University Advancement and Chris Bailey (BCom/13) for this exciting webinar that will focus on strategies for investing in our productivity and wellness during a difficult and stressful time.

Attendees will leave with takeaways such as how to:

- Determine the best possible tasks and projects to work on every day;
- Focus on important tasks when focusing is most difficult;
- Tame distractions in order to focus more deeply;
- Invest in self-care while spending more time at home; and
- Keep “anxiety scrolling” to a minimum.



**CHRIS BAILEY**

[Chris Bailey](#) is a productivity and performance expert, bestselling author of *Hyperfocus* and *The Productivity Project* and Carleton alumni (BCom/13). His work seeks to give his audiences practical, tactical advice on how to be more productive in the workplace and beyond.

In addition writing two books that have been published in 18 languages, he has a highly successful blog—*A Life of Productivity*—that is read by more than 200,000 people worldwide each month, has written hundreds of articles on productivity and has garnered media coverage in diverse publications including *The New York Times*, *The Wall Street Journal*, *Harvard Business Review* and *Fast Company*.