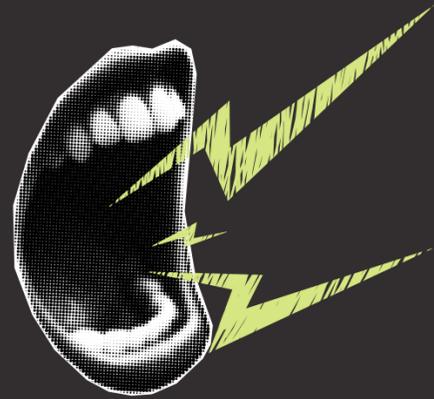


Newsflash

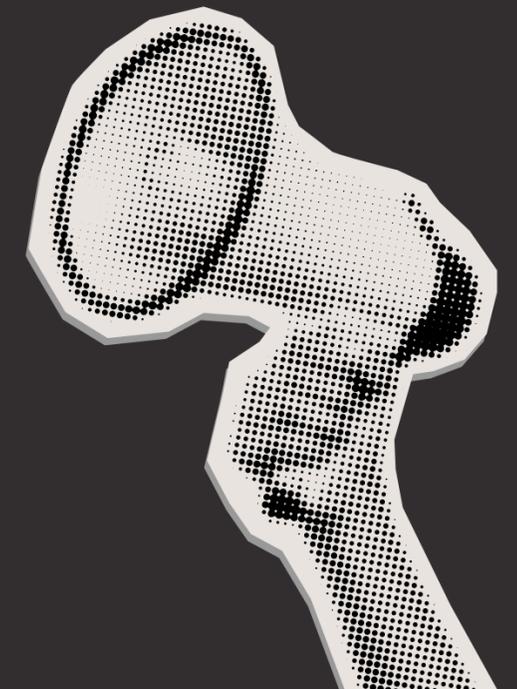


Bizzy Humans



# Chaos Can't Sit With Us

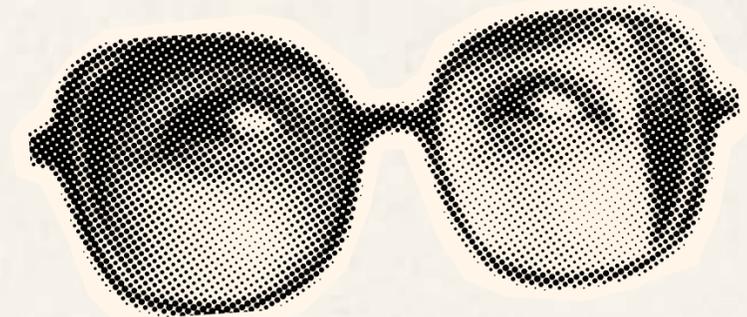
The secret to a calmer, more  
productive work week.





# Hi I'm Jen and I'm a recovering:

- Perfectionist
- Procrastinator
- Over thinker
- People pleaser



If you've experienced any of these things, then congratulations you're human 🙌



**From the outside, I looked like a high performer. But on the inside I felt like an impostor.**

To me, the "*real*" high performers were built differently.

**I kept living in the "once I" delusion.**

**Chaos Can't Sit With Us**

**Bizzy Humans**



**High performers don't  
work harder than you.  
They work calmer.**

**And that calm? It's designed.**



**Stop coping with stress.**  
**Start designing it out.**





# The 3 things **silently sabotaging** your workday.

Self-sabotage –overthinking, people pleasing, multi-tasking...

When others hijack your focus. The pings, meetings, group chats...

The work itself. Overcomplicated/wasteful processes, tools + rules.

## Human Strain

“I’m not a regular over thinker– I’m a cool over thinker.”



## Social Strain

“So, like... I sent another ‘quick ping’.”



## System Strain

“You can’t sit with us, unless you use my template”



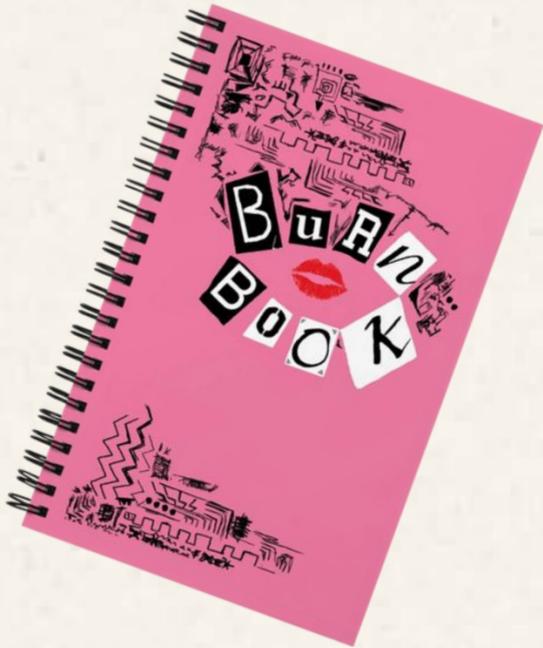


# The \$2 rule

Responsibility  
Accountability

\$250,000

Blame  
Shame  
Justification



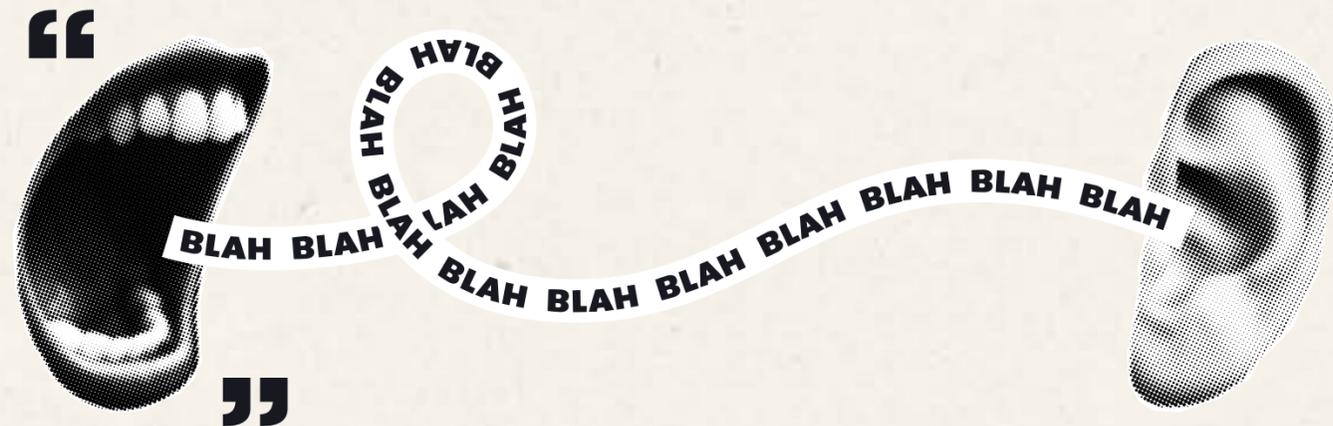


# Operating above the line

Everyone was pointing at each other.

No one was looking at the system.

**Ditch the drama  
and get critical.**





# What we found (the real problems)

- No clear prioritisation process.
- Deliverables weren't defined.
- The execution process created friction instead of flow.
- Role resistance had crept in.

**It was a system issue  
masquerading as a  
performance problem.**





# What we did **(the fix)**

**1** Removed low-to-no value tasks.

Instant time saver. Instant morale booster.

**2** Rebuilt their delivery system.

Simple. Visible. Everyone on the same page.

**3** Created a Team Charter.

Rejected ASAP culture through boundaries.



# **The results**

- Delivery skyrocketed
- Stress plummeted
- The whole room felt calmer

**The system stopped sabotaging them.**





# Human Strain

Perfectionism      Self doubt

Over commitment

Procrastination

Impostor syndrome

People pleasing

Multi-tasking



# Social Strain

CC culture

ASAP culture

Shoulder taps + quick pings

Meetings that should have been an email

Green dot culture



# System Strain

Clunky, inherited processes

Waste + duplication

Unclear priorities

15 step approvals

Low value tasks

Unclear ownership



# Make workplace therapy a **weekly habit**

1

Every time something irritates you or creates friction – write it down, then park it

2

At the end of the week remove the emotion and get critical.

3

**Ask:** What is the actual issue? What system change could I propose to reduce the impact or eliminate it for good?

**Don't overwhelm yourself.  
Pick one thing. Fix one thing. Repeat weekly.**

Newsflash



Bizzy Humans



# Chaos Can't Sit With Us

