

RETIRING THE BUSY BADGE

Presence, Boundaries, Impact



60-90 MINUTES | PRESENTATION PREPARATION GUIDE

SESSION OBJECTIVES

Challenge the culture of performative busyness.

Reframe productivity around impact, not exhaustion.

Build healthier leadership habits and boundaries.

CONCEPTS WE WILL EXPLORE

01. Why we wear busy like a badge of honor.
02. The hidden costs of constant urgency.
03. Activity is not the same as impact.
04. How busyness becomes a substitute for clarity.
05. Recognizing burnout before it becomes the norm.
06. Designing work around priorities, not pressure.
07. Modeling healthy boundaries as a leader.
08. Creating space for reflection, not just reaction.
09. Building cultures that value rest, focus, and sustainability.
10. Shifting from motion to meaning in daily work.

What will you stop doing this week to lead with more intention?

A full calendar is not the same as a meaningful day.

Storytelling and grounded humor, supported by a PowerPoint presentation. A handout of quotable insights and reflection prompts is available upon request.