

THE
SELF
DISCIPLINE
ADVANTAGE

Distraction is costing your organization millions of dollars, and leaving your staff stressed and unfulfilled.

THE SELF-DISCIPLINE ADVANTAGE

The Challenge

Modern organizations are facing three crises:



The crisis of FOCUS

Employees are chronically distracted, and compensate that by working longer hours, or by trying to work faster—which leads to more errors, more stress, and poorer work-life balance.



The crisis of MEANING

A large portion of the workforce is unmotivated and disengaged at work—which leads to low quality of work, absenteeism, and turnover costs. Employees are unhappy at work.



The crisis of TRAINING

Most training programs fail to deliver significant long-term results —after a few weeks the employees are back to old habits. Money and time are wasted.

The result of all of this is less productivity for the organization, and less wellbeing for the staff. Imagine what it would be like if you could actually reverse this situation!

THE SELF-DISCIPLINE ADVANTAGE

The Solution

Improving the self-discipline of your staff will improve their wellbeing and productivity more than any other education you can provide, because it's the foundation for making everything else work.

Behind these three challenges there is a single factor that is missing: self-discipline. Self-discipline is the art of focus, time management, and self-regulation. It's what allows you to show up at your best, even in adverse circumstances. It's the capacity for people to stay on track with their good habits, live in alignment with their higher values, and sustain positive changes.



Self-discipline is the core competency for every knowledge worker, in every industry. Yet it is assumed, never trained.

If you want a more focused, engaged, productive and healthy workforce, you need to train them in self-discipline and mindfulness.

To change your organization you need to change the **individuals** in it. For individuals to change, you need to train them in self-discipline. Without it, all change will be temporary, and people will go back to their old habits.

Think of self-discipline as a **force multiplier**—something that makes everything else easier. It's the highest return on investment soft skill, because it affects all other learning and development. It's the tide that lifts all boats.

MINDFUL SELF-DISCIPLINE

How it works

1

Train your staff on the Three Pillars of Mindful Self-Discipline

2

Support them with ongoing accountability coaching

3

Measure your teams' progress and your success

Return on Investment

What can you expect from increasing the self-discipline of your employees?

MORE PRODUCTIVITY

CREATIVE THINKING

INNOVATION

DEPENDABILITY

EXCELLENCE

FLOW STATES

RESILIENCE

ALIGNMENT

DEEP WORK

UPSKILLING

FEWER SICK LEAVES

FASTER DELIVERY

LIFE-WORK BALANCE

GREATER ENGAGEMENT



SELF-DISCIPLINE SOLUTIONS



KEYNOTE SPEAKING

A fifteen to thirty minute inspirational talk to get your staff excited about self-discipline, and ready to get started.



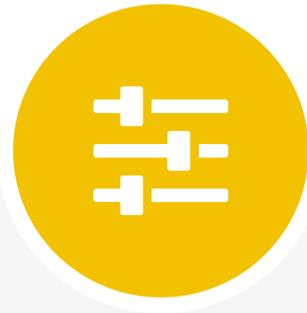
WORKSHOPS

Your employees will come out of this hands-on with practical skills to be more focused, productive, and disciplined. Available in full-day and half-day formats.



ONE-ON-ONE COACHING

An in-depth three-month program to empower your leaders to show up as their best selves, manage complexity, and be resilient in the face of VUCA.



CUSTOM TEAM PROGRAMS

We design a program specifically for the needs of your organization. These are typically six to twelve weeks, and include online training and ongoing support.

SELF-DISCIPLINE WORKSHOPS



DEVELOP SUPERHUMAN FOCUS

Focus is a game-changer for individual and group performance. Knowing this is one thing, but actually implementing it in a consistent manner is something else. This is what sets this training apart. The participants will not only learn the key concepts of focus and deep work, but also the specific strategies that will allow them to overcome distractions and be more productive. Self-discipline and mindfulness are core pillars of this workshop. The exercises shared are directly applicable in the everyday working environment—this content is created for direct implementation. Are you ready to take your focus to the next level? Are you ready to finish every work day feeling satisfied and proud with what you have achieved?



FIND YOUR CAREER PURPOSE

A large portion of the workforce is unmotivated and disengaged at work—which leads to low quality of work, absenteeism, and turnover costs. Workers who are clear about their purpose feel more motivated and work more enthusiastically.

This workshop intended for both discovery and implementation. It is an interactive space that will guide the participants to find their personal and professional values, create a career aspiration, and align their deeper sense of purpose with the company's mission. Do you want to skyrocket engagement, motivation, and passion in your team?



ULTIMATE BALANCE & WELLBEING

Often to boost performance, stressed employees tend to cut corners and work in a way that leads to errors and burnout. Studies have shown that companies that invest in the wellbeing of their staff have greater talent retention and overall better business outcomes. For cultivating wellbeing, individuals need to create and maintain good life habits. The key challenge here is that most people lack the required self-discipline and awareness. Without these skills, most of us will struggle to sustain positive practices for physical and mental health. In this workshop, practical concepts of work-life balance, resilience, and self-confidence are covered. Participants will learn a science-based approach for building a supportive lifestyle.

THE EXPERTS



Katie Stoddart
FACILITATOR

Katie Stoddart is the Founder & CEO of 'The Focus Bee' — an award-winning, transformative leadership coaching and training consultancy. As the host of the podcast 'The Focus Bee Show', she interviews high performing leaders every week. Katie also has delivered workshops for companies such as MindValley, WomenInTech, and hosted a TEDx event in Europe. As the official Mindful Self-Discipline facilitator, Katie supports leaders, teams, and companies to work with greater focus, purpose, and wellbeing.

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Giovanni Dienstmann
FOUNDER

Giovanni Dienstmann is the author of the bestselling books Mindful Self-Discipline and Practical Meditation, available in eight different languages. As a self-discipline coach, Giovanni has helped top hedge fund managers, CEOs, entrepreneurs, ambitious professionals, artists and pro athletes to live a more focused life and achieve their goals. Giovanni has over 12,000 hours of meditation practice and is a sought-after consultant to award-winning wellbeing apps. His programs have helped over 20,000 people start a meditation practice, build positive habits, and improve their psychological wellbeing.

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