

Chris Lovett

Leadership & Team Coach
Professional Minimalist
Decluttering Expert

Helping
overworked
professionals
simplify their
lives to be
less busy and
have **more**
impact.



www.lessbusymoreimpact.com





Problem? More.

UK Employees ranked meaningless tasks as the #1 factor keeping them from feeling fulfilled. 46% of people are close to burnout and reports among British workers increased to record levels between 2021 and 2022.

The average knowledge worker spends 60% of their time on duties that add little value and only 21% of workers globally were engaged at work. UK employees work the longest hours in Europe and 82% are unable to take a full lunch break. Our lives are cluttered.

Employees are sounding the alarm with **overworking estimated to be the cause of more deaths than Malaria.** Professionals are compromising their lives to deliver on work that adds no value. We're doing more but is it better? Business as usual is quickly becoming **business as UNusual.**

This is not just a productivity, time management or efficiency issue, it's also a wellbeing, performance, sustainability and capability issue. Customer service levels have declined in most organisations. Talented people are being asked to do more with less but have never been taught the skills, behaviours or mindsets needed to be sustainably successful in a post covid world.

The world of work is moving on, the clock is ticking and the rules are up for grabs.

Support yourself and your teams. **Less Busy More Impact.** is the antidote to the to-do list treadmill, toxic hustle and burnout cultures sweeping through homes and businesses.





Solution? Less.

Wellbeing, Leadership, Productivity, Time, Attention & Energy Management, Performance, Career Progression, Change, Team Culture.

60 Minute Simplicity Sessions

Less Busy More Impact - Understand why being excessively busy has become normal and learn the key minimalist secrets to prevent burnout, increase engagement and become less busy to have more impact.

The Art of Saying No - Create boundaries, defend your time and attention. Braver and focused colleagues. Better wellbeing. Better time management. Increased creativity.

Declutter Your Life - Support the wellbeing and awareness of your colleagues by learning about the enriching activity of decluttering. Create long lasting positive social, community and climate ripples by letting go of our stuff.

Career Shifters - Support your people to find meaningful work, spot progressive career opportunities, enhance personal brand and craft the next internal or external career move.

Imposter Syndrome - Discover the tools needed to use self doubt to your advantage and create coping mechanisms when imposter-like thoughts appear

Workshop, Group & Team Events

A New Normal - Co-creating with team, department or organisation to design a new normal focusing on sustainable success, simple practices, progressive strategies, high performance and meaningful work.

Simple Leadership - Lead and navigate the new complex world. Evolve your leadership capability to become the post-pandemic role model and modern leader-coach your kids would be proud of.

Each session can be co-created or bespoke to your organisation. Have another idea not included, let's chat..



About Me

Back in 2016, I decluttered virtually everything I ever owned to achieve the things that were most important, including letting go of my home and career. After simplifying my personal life, I started using the same minimalist mindset in a professional context. What followed was a more meaningful career, exponential growth, less stress, more accomplishments and even a significant jump in wellbeing, performance and income. I was doing less, but it was considerably better.

I became an accredited leadership, team and career coach (AoEC, ICF, AC), launched my debut book *Discovery of Less*, did a TEDx talk and then featured on global chart topping podcasts such as The Self Care Club, Private Parts, Law of Attraction Changed My Life, Pause, Purpose, Play and Power Hour. I was also asked to contribute minimalist ideas to mainstream platforms such as LifeHack, Marie Claire & HR Magazine.

So now I help individuals, teams and organisations around the world overcome the overconsumption, overwork and overwhelm of a fast paced, modern career by helping them become Less Busy and have More Impact.

I've recently supported large scale leadership, change, career and wellbeing strategies in organisations such as NatWest, PwC, NSPCC, Ulster Bank, Barclays, Motor Insurance Bureau, Sainsburys and LV= Insurance as well as appearing at premier business and wellness events such as The Mindful Living Show and Balance Festival.



testimonials

"The presentation Chris delivered was life changing. I took action that very day. I never thought I could change my work approach but I now work less and add more value. Plus, I'm not burnt out all the time, it really had everything. Unbelievable." Kelly (JP Morgan)

"Inspiring yet practical, it's a compelling argument to assess life in the context of getting more, by adopting a philosophy of 'simple and less'. A great contribution to the area of personal improvement." World Leading Psychologist Jamil Qureshi

"At last a voice of reason! Chris delivers a perfectly balanced view of why we need less in our lives and how to let go of stories and assumptions. Peeling back the layers of why we fill our lives with so much to do and how we can free ourselves from its burden was a revelation" Dawn (NatWest)

"Chris Lovett offers a remarkably insightful look into what one can accomplish by disrupting our view of more, and the discovery of less. Bravo!" Thinkers50 Thinker & Author Whitney Johnson

"I really enjoyed your session today, I will be using a number of the techniques you suggested to stop myself from getting excessively busy and allowing things to escalate"
Graham (LV Insurance)

"We really enjoyed your story and the experiences you brought resonated with many of us, encouraging us to think beyond the extra "stuff" we own and busy-ness and also question what is stopping us from letting go of it to take advantage of a simpler approach to success. Your open and relatable delivery ensured the session was relaxing and interactive. All in all a great session!" Lisa (PwC)





Ready to be **less busy**
and have **more impact?**

Contact:

☎ +44 7881 631024

✉ info@lessisprogress.com