

Taking a 10 minute break gets you out of habitual thinking and behaviour

Here's how to guarantee a WIN WIN when you take the time out



Read an article

Dialling into another point of view on a subject of interest and relevance to your job fosters alternative thinking.



Coffee run for the team

As well as fostering your team's culture of shared thinking and collective responsibility, it will give you and your team a productivity boost.



De-clutter your mind and surroundings

Review and if necessary, reset your personal and professional objectives. Are you still aligned to mission, values and priorities? Clear your desk of unhelpful distractions too!



View an inspirational TED talk or YouTube video

Fantastic resources for your next meeting, team talk or just an opportunity to review your own presentation skillset (through a critique of someone else's).



Check in on 'The World'

Put simply, let's get social. Inviting a colleague for a chew and chat, scrolling LinkedIn and Twitter- a quick scan of your professional body website keeps you current too!



Physical re-boot

Literally move your body by taking a brisk stroll outside, or stretch at your desk- both will relieve workplace tension, keep illness in check and keep you energised.

Schedule and rotate these 6 boosters every morning and afternoon for 21 days. Watch productivity soar.