

# THE 5 CHOICES<sup>®</sup>

to extraordinary productivity

## OUTCOMES

- Discover your extraordinary roles at work
- Learn a systematic process to better manage decisions, attention, and energy
- Leverage technology to accelerate productivity
- Avoid burnout by sustaining physical and mental energy
- Help build a highly-productive work culture through a measurable process
- Support employee engagement and talent retention
- Unleash the true potential of knowledge employees

*“Extraordinary productivity is not just about time management, it’s about managing your decisions, attention, and energy”*

—Leigh Stevens  
Productivity Expert,  
FranklinCovey

## The 5 Choices Solution

The 5 Choices<sup>®</sup> to Extraordinary Productivity solution inspires participants to apply a process that will dramatically increase their ability to achieve life’s most important outcomes. Supported by science and years of experience, this solution not only produces a measurable increase in productivity, but also provides a renewed sense of engagement and accomplishment.

### Key Challenges of 21<sup>st</sup> Century Knowledge Employees

#### 1. Make more complex decisions

In this Knowledge Age, it is no longer just about manual labor. It is about mental labor—using our minds and making many complex decisions every day.

#### 2. Attention under attack

In the midst of trying to make the right decisions, our attention is under unprecedented attack. We have enabled it with desktops, tablets, smartphones, etc.

#### 3. Energy crisis

Many knowledge employees today face an energy crisis. They feel burnout and being buried alive.

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# THE 5 CHOICES PROCESS



## CHOICE 1

ACT ON THE IMPORTANT  
DON'T REACT TO THE URGENT



In today's world, people are drowning in email, overwhelmed with demands, and trying to do more with less. 5 Choices participants filter the vitally important priorities from distractions so they can focus on making a real contribution.

## CHOICE 2

GO FOR EXTRAORDINARY  
DON'T SETTLE FOR ORDINARY



Everyone wants to make a difference, but competing priorities often prevent them from achieving extraordinary results. 5 Choices participants redefine their roles in terms of extraordinary results to achieve high-priority goals.

## CHOICE 3

SCHEDULE THE BIG ROCKS  
DON'T SORT GRAVEL



The crushing increase in workday pressures can make people feel helpless and out of control. 5 Choices participants regain control of their work and lives through a cadence of planning and execution that produces extraordinary outcomes.

## CHOICE 4

RULE YOUR TECHNOLOGY  
DON'T LET IT RULE YOU



An electronic avalanche of email, texts, and social-media alerts seriously threaten productivity as never before. 5 Choices participants leverage their technology and fend off distractions by optimizing platforms like Microsoft Outlook to boost productivity.

## CHOICE 5

FUEL YOUR FIRE  
DON'T BURN OUT



Today's exhausting, high-pressure work environment burns people out at an alarming rate. Applying the 5 Energy Drivers™, participants benefit from the latest in brain science to consistently recharge their mental and physical energy.

For more information, please call 0 2728 0200 E-mail: [info@pacrimgroup.com](mailto:info@pacrimgroup.com)

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