

# ESSENTIALISM: A FRAMEWORK FOR SUCCESS

## THE MESSAGE

### THE DILEMMA

We are living in a time where choices and expectations have increased exponentially. The result is increasingly stressed leaders and teams cramming more tasks, activities, and responsibilities into their already overscheduled lives.

We feel the effects of more, more, more but find that doing more does not always result in increased productivity. More often it creates ineffectiveness, overwhelm, burnout and dissatisfaction.

### THE SOLUTION: ESSENTIALISM

“Essentialism” offers a systematic approach to simplifying life and leadership.

When a leader models Essentialism and mentors their team to do the same using a proven framework of trade-off-by-design decision making, it elevates the entire organization in productivity and increases joy in the journey.

## MOIRA LETHBRIDGE

Author. Speaker. Executive Coach

### Essentialism Workshop Key Topics

1. Essentialism Defined
2. Values Clarification
3. Aligning Priorities
4. Capacity Planning
5. Trade-Off-By-Design Decision Making Framework

Moira has presented keynote speeches and workshops on Essentialism to all leadership levels in both corporate, civic, and nonprofit organizations. The session is customized to include each organization's specific culture, values, and desired outcomes.

Moira Lethbridge, M.Ed., ACC, executive coach, author, speaker, University of Richmond MBA adjunct faculty, is the principal and owner of Lethbridge & Associates. As a former President and CEO, she draws on twenty-five years of organizational experience and success to help individuals and companies increase their productivity and improve their performance.

### 90-Minute Interactive Workshop

This session is for leaders and teams who want to prevent or overcome:

- Overwhelm and Burnout
- Lack of Work-Life Balance
- Feeling Spread Thin
- Ineffective Decision-Making
- Lack of Focus and Clarity
- Struggle to Advance in Leadership Roles

I understand where you are. I lived this experience. As a former President and CEO, I've held positions in all phases of executive leadership. I am certified to administer professional development tools, and have a master's degree in education. Growing a company from 5-200 employees, I know what it's like to attract, retain, and develop a workforce that can move with a company as it grows and find balance to enjoy both work and life.

Learn more at:  [moira lethbridge.com](http://moira lethbridge.com)

 [Lethbridge & Associates](http://Lethbridge & Associates)

