

Less Mess Stress

Hybrid working is now the long term norm for many businesses. Help your staff focus while working in their homes and help them switch off at the end of the day.

Slot in this session as part of other events in your staff wellness programme, or standalone.



WHAT IS SERENELY SORTED?

Serenely Sorted is a realistic system that enables busy people to have greater focus at work and give them the ability to properly switch off at the end of the day with clear demarkation between work and home life. They will achieve less 'mess stress' and save time every week on the drudgery of home chores, with a system that keeps the mess away for the long term.

Diana Spellman created the Serenely Sorted System when she herself was mess stressed, working from home four years ago. Using her 25 year corporate experience in systems and process improvement, she set about making home chores more efficient. Diana helps companies bring these benefits to their staff, as well as supporting individuals through her 1-2-1 programme and online courses.

Thanks so much for the inspiring session this morning. The session was very practical and I loved the visual example of what you shared which give each of us immediate first steps to get going with new behaviours.

Karin du Chenne, Kantar

ABOUT THIS WEBINAR

This 30-45 minute webinar provides you with a 100% practical way of supporting staff in the new hybrid working model, that has them reducing mess stress and improving mental health, as well as the many other benefits listed here. Using the 'lunch and learn' style is perfect as a standalone session or within a wellness day or week. People will gain an insight into the basics of The Serenely Sorted System, with some simple but effective tips to enable them to focus and switch off from work, and begin to address their mess stress.

Diana joined us as part of a week of wellbeing events which we hosted for our colleagues at The Very Group. Her quick and easy mess-busting tips were exactly what our busy people needed.

Lauren Young, The Very Group

WEBINAR BENEFITS

The ability to switch off from work

Everyone needs to be able to switch off from work at the end of the day. This is inevitably more difficult if your desk is the dining room table. Through the techniques learned, staff will understand how to remove the distractions and triggers of work from their environment quickly and effectively every day, so fast they will hardly notice it happening.

Greater focus at work

The Serenely Sorted System enables people to focus more without the distractions of the daily debris and 'mess stress' of home life cutting through.

Clearer de-markation

The lines between work and home have inevitably blurred through the pandemic. The Serenely Sorted System helps people divide their time and lives more effectively despite often occupying the same space.

Improved wellbeing

Through use of the Serenely Sorted System, staff will feel more relaxed at home. With 82%* of people experiencing mess stress at some point, this is worthwhile benefit in itself for any staff wellbeing programme.

Save time every week

Through the behavioural techniques learned, staff can eliminate some of the mess from their lives completely and in doing so save time everyday that would have spent on home chores.

Reduce the drudgery of home chores:

Some people are naturally tidy but for many, it feels like we are in a mess/tidy loop that we can never get out of. The Serenely Sorted System reduces the time spent on home chores overall.

64%

of workers say a messy desk reduces productivity

82%

*have experienced mess stress**

BOOK YOUR 'LESS MESS STRESS' WEBINAR TODAY

✉ diana@serenelysorted.com
🌐 www.serenelysorted.com/corporate