



Ashley Kate  
HR & Finance

# HR Director Boardroom

May 2021

---

EVERSHEDS  
SUTHERLAND



# INTRODUCTION

---

Ashley Kate HR & Finance along with Eversheds Sutherland (International) LLP have been coordinating HR Director Boardroom events for over 10 years. Each year we invite influential HR Directors to talk openly about topics pertinent to the HR Community.

The idea behind this format is to bring HR Directors together in a boardroom to discuss and debate the topic presented; Partners of Eversheds Sutherland (International) LLP chair these meetings.

Since the global pandemic, we have adapted the HR Director Boardroom and Employment Law Updates events to an online video platform, to ensure we are still supporting the HR community. The first of which took place in June 2020.

This workshop was presented by multi-award winner Daryl Woodhouse, a professional speaker, team and 1:1 executive coach. Daryl is also recognised as the Creator of the Life Work Effect which includes his highly rated post-COVID innovation mobile app, and since 2012 has been the CEO of business growth and training provider Advantage Business Partnerships Limited.

## **"The Life Work Effect of Energy and Time Management"**

Following is the summary from this session. If you are interested in joining one of these events or would like to be considered as a guest speaker, please get in touch with:

**[amanda.underhill@ashleykatehr.com](mailto:amanda.underhill@ashleykatehr.com)**

# DISCUSSION TOPIC

## The Life Work Effect of Energy and Time Management

Presented by Daryl Woodhouse, multi award-winning professional speaker, team and 1:1 executive coach.





# SUMMARY

Throughout this thought-provoking workshop, Daryl provided context and insights to how the four pillars of the Life Work Effect can create a significantly happier life and greater success at work for individuals, teams, and entire workforces. Daryl demonstrated how we can measure our Life Work Effect success and how to improve it instantly with actionable advice, including themes of burnout prevention, strategic growth, life-work balance, energy and time management. We had HR leaders from a variety of industries attend, and here is some of the great feedback we have received:

“I really enjoyed participating in this event. It was a great start to the day and brightened the day afterwards.”

“Really great session, lots of useful information to take away and implement.”

“Very useful session, thank you.”

# OVERVIEW

When we proactively manage and nurture our energy and time, we can achieve an incredible boost to our wellbeing, life-work balance and performance at work. This talk was ideal for leaders, teams and workforces who are serious about fighting the 'always on', high-stress environment, and who want to build a positive 'Life-Work Effect' culture of great wellbeing, life-work balance, and productivity mastery.

**After measuring our circle of influence, Daryl provided practical, easy to implement tips and open Q&A discussion on how to:**

- reduce stress and overwhelm
- get more done, boost your mood, and feel happier
- maximise and drive higher energy through your working day
- improve life-work balance, and time management
- achieve more at work, without increasing your work hours.

Daryl said, “Even the best of us need a helping hand to stop us giving our time and energy away so easily. There are so many pressures, distractions in life and work, but by staying in proactive control of our time and energy ‘most of the time’ can literally bring transformation results to our life happiness, and our success at work.”

One of the many actionable tips provided by Daryl included using his BETR© action planning method and ‘The Strengtheners Trio ©’ to boost satisfaction and performance results, minimise risk and maximise opportunities, by better leveraging our strengths at work.



# DARYL WOODHOUSE



Daryl specialises in making it easy for leaders, and their teams, to create a high impact culture of productive wellbeing that achieves significant ROI and business improvement from the four Life-Work Effect pillars of strategy improvement, work productivity mastery, life-work balance and wellbeing.

You are invited to a complementary 1:1 with Daryl to explore how he can help you, and your organisation. To take advantage of this, you can reach him via email [dw@darylwoodhouse.com](mailto:dw@darylwoodhouse.com) or mobile number 07793 846538. Daryl also encourages you to connect with him on LinkedIn where you can access regular thought leadership posts, live polls, 100+ recommendations, and 000s of endorsements.

[Connect with Daryl on LinkedIn](#)

[Daryl Woodhouse Website](#)

[Advantage Business Ltd](#)



# Ashley Kate HR & Finance

Part of Nicholas Associates Group

## Contact us

If you're looking for a new recruitment opportunity or want to find out more about what our Group can offer, please get in touch.

[ashleykatehr.com](http://ashleykatehr.com)



Stafforce



Ashley Kate  
HR & Finance



Nicholas  
Associates  
Software



Apprentice  
Employment  
Agency



Nicholas  
Associates



Nicholas  
Associates  
Consulting

