



1886

NATIONAL LOUIS UNIVERSITY



Transform in Ten: Building Momentum for Strategic Change in Small Doses

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Everything is on fire.....



Vice Provost



University Scheduling Center



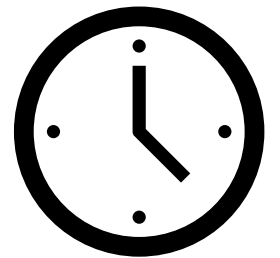
Bookstore



University Registrar



Academic Advising

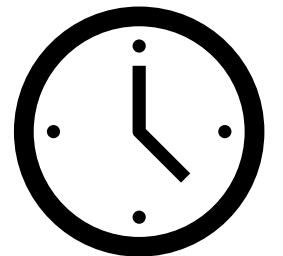


...and this is the result!

I'M WORKING
ON MY
PHD
PROJECTS HALF DONE



- Burnout
- Fatigue
- Mental health decline
- Unfinished projects
- Lack of strategic planning
- The ability to only focus on the NOW

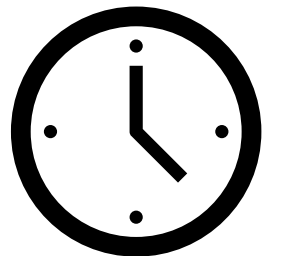


Setting the Stage & Holding Firm

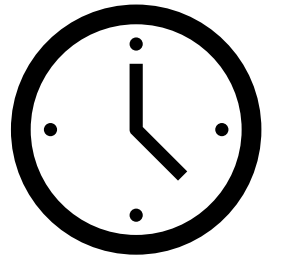
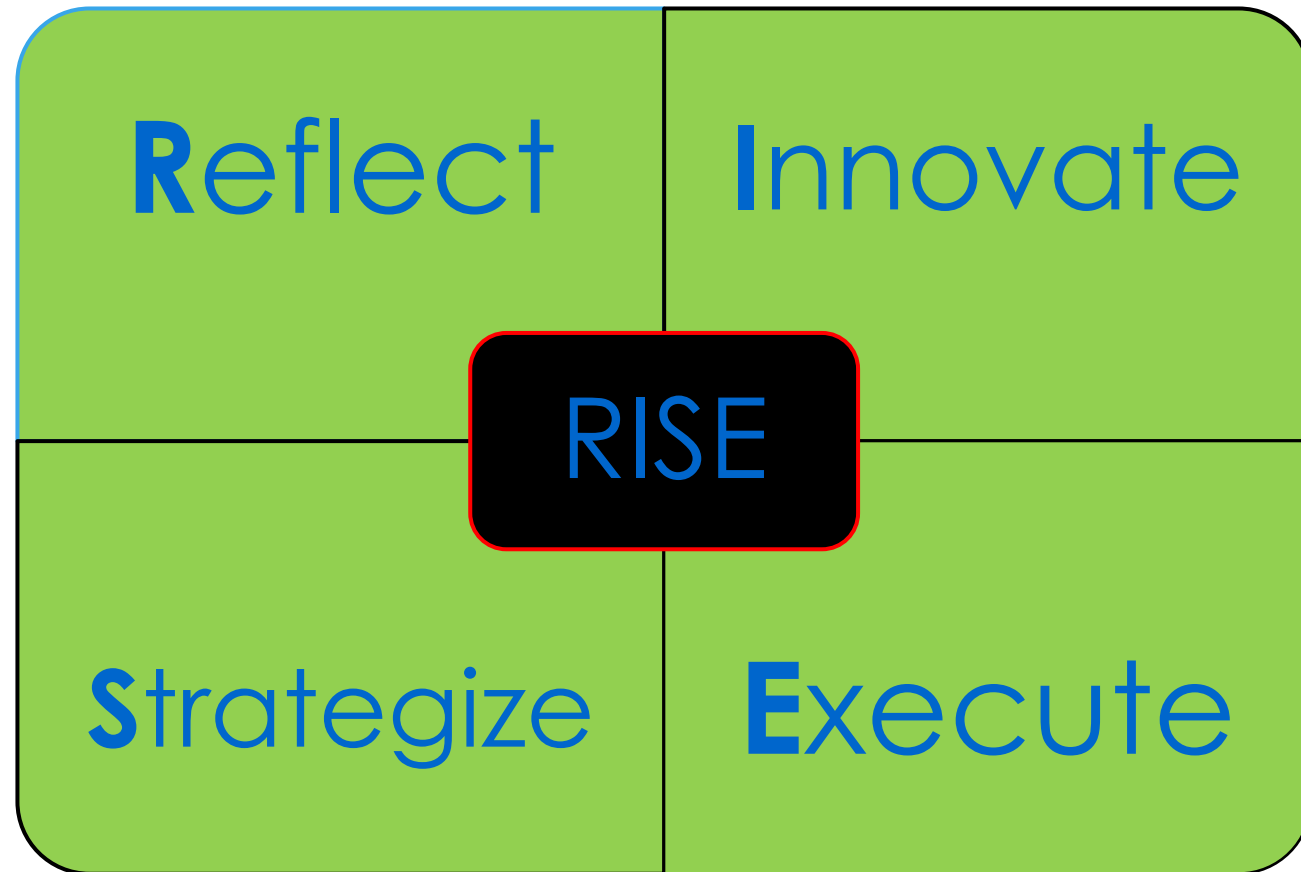
- ▶ Block your time in Outlook (or whatever calendar you use)—make it recurring daily M-F.
- ▶ Put all notifications on Do Not Disturb.

“Thank you so much for your invite to this meeting but I have that time blocked off on my calendar. Could we look at rescheduling to...?”

“Thank you for noticing this held time on my calendar. I am using this time to intentionally work on....”



Using the Time



It Seems Too Good to be True

REGISTRAR

(n) /ˈrɛjz.ɪs.tɹər/

**The people solving the
problems you didn't
know existed.**

