

# Human, not Superhero

REDEFINING HOW WE DO OUR BEST HUMAN WORK

## Upending Productivity Thinking: The Guide to Human Not Superhero

Traditional productivity thinking focuses sharply on efficiency. Doing more for less, often to the detriment of our most human qualities. But what if we've been approaching productivity all wrong? What if, by prioritizing wellbeing, we can boost creativity, foster collaboration, and open ourselves to fresh opportunities? As Productivity Ninjas we take pride in being human not superhero. We are pointedly never productivity superheroes in any context.

In this dynamic keynote, we'll embark on a journey to redefine what "good work" truly means. We aim to unlock a brand of productivity that nurtures the human spirit, where wellbeing stands in the spotlight. Human not Superhero.

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### A fully customizable session

#### We recommend:

 In-person or online     2hrs     Unlimited

#### What you'll learn & do

This keynote empowers your teams to:

- Understand how humans sustainably do their best, most impactful work
- Identify what gets in the way and what makes work genuinely stressful
- Explore real-life strategies for creating the right conditions to do your best work, individually and together
- Go deeper into the specific areas that matter most to your team, from communication to psychological safety

- See where AI can help manage overwhelm and support clearer thinking, without adding to the noise

**94%** of participants would recommend our workshops

## Who is this keynote for?

- Organizations who understand the business case for wellbeing and want it woven into everyday work, not treated as a one-off initiative
- Leaders who want their team to hear that effectiveness and kindness aren't in competition with each other
- Teams navigating high pressure or change, who need space to name what's actually causing stress
- L&D or HR leads looking for a session that's inspiring but grounded in real, usable strategies

## What this workshop offers

- **An action-packed mix.** Presentation, group discussion and individual action planning, not just a talk.
- **Learning that lasts.** Every participant gets access to the Productivity Ninja® Academy.
- **A format that fits.** 2 hours, group size unlimited, in person or live online.
- **AI as an ally.** Practical ways AI can help manage overwhelm, support clearer thinking and build healthier work habits, without burning out in the process.

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## What you'll do

You'll start by unpacking why old-school efficiency thinking falls short, and what "good work" actually looks like when wellbeing is part of the equation, not an afterthought. From there, you'll explore the real sources of stress at work, not vague ideas about pressure, but the specific triggers your people can recognise and name.

The session then opens up into the areas that matter most to your team. That might mean digging into team communication, how your culture handles mistakes, or what psychological

safety actually looks like day to day. You'll also look at where AI can genuinely help manage overwhelm and support clearer thinking, used well rather than as another thing to keep on top of. You'll leave with a personalized action plan, not just inspiration that fades by Monday.

## **What happens when wellbeing is built in**

When teams stop treating wellbeing as separate from how they work, everything changes:

- Stress gets named and addressed early, instead of building silently until it becomes burnout
- People feel able to be effective without constantly pushing harder
- Mistakes become something a team learns from, not something people hide
- Communication gets clearer, because people aren't operating from a place of overwhelm
- Performance becomes sustainable, not just a short-term push

### **Forestry Commission**

"Good insights into why we become less productive, and recognition that prioritising being human can actually increase productivity and wellbeing."

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## **Benefits & Results**

The most immediate benefit is language: people leave able to name what's actually causing their stress, rather than just feeling generally overwhelmed. But the deeper shift is cultural. Once a team understands that effectiveness and kindness aren't in competition, "good work" stops being about squeezing out more and starts being about sustainable performance.

### **What your organization gets**

A team who see wellbeing as core to how they work, not a separate initiative bolted on top. Real strategies for handling stress and creating the conditions for people's best work, individually and collectively..

## Uni of Exeter

"The human-centric approach made it feel really safe and comfortable for chatting and supporting each other during the session."

### Why it matters

Teams don't burn out because they lack effort, they burn out because "doing more" has become the only measure of good work.

- Constant pressure to optimize leaves no room for creativity, connection or recovery
- Stress goes unnamed and unaddressed until it shows up as disengagement or burnout
- Without a shared understanding of what "good work" looks like, wellbeing stays a side conversation instead of part of how the team actually operates

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"The idea that our default is likely 'yes' in moments of decision fatigue, which then perpetuates the problem."

**Georgie Agar**

Aston University

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## Your keynote. Your way.

We recommend a **2-hour** keynote for an **unlimited group**, but like all our sessions, it can also be tailored to your exact needs.

Available options:



### Formats

In-person | Online



### Group size

Unlimited in person, up to 100 online (but talk to us about larger online groups)

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## Duration

Standard: 2 hours | Condensed: 60-90 mins | Extended with additional action planning: 3 hours