

SUSTAINABLE PRODUCTIVITY

regain control
of your productivity
in 3 months



shift from overwhelm
and overexerted to
confident and **energised**



THE CHALLENGE

Did you know that 80% of global workers experience information overload, contributing to daily stress?

36% of managers say they're suffering from poor health due to the excessive amount of information they have to process at work.

Information overload is a serious concern for the workplace; affecting our productivity, decision-making, and work quality.

Information overload can lead to:

- Loss of time due to difficulty in evaluating information
- Lower productivity due to scattered focus and high stress
- Reduced job satisfaction and motivation
- Increased risk of burnout and stress

Not feeling productive affects how we feel about ourselves. Our minds are overloaded and we try to do it all, every day. The way we work is negatively impacting our self-confidence and we feel mentally exhausted at the end of the day, not leaving capacity for other aspects of our lives and this is not sustainable.

Are you an environmental professional and you:

- Have high expectations of yourself and feel strongly about the work you do?
- Have a high workload, that feels never ending, combined with a high sense of responsibility?
- Deal with tight deadlines, statutory requirements, and lots of pressure?
- Are exhausted at the end of the day, feel like a failure and afraid you won't be able to achieve what you need tomorrow?
- Sometimes worry you'll lose your reputation, perhaps even lose your job?

You are not alone.

Why we struggle with our productivity

We face a combination of high workload, high expectations and high sense of responsibility in the work we do, leave us feeling exhausted, deflated and stressed. [When we are so committed to the work we do, wanting to making a difference to our environment, we become too attached to our work responsibilities which means it becomes extremely hard for us to let go.](#) All the responsibilities build up which makes us feel overwhelmed. We take our work home, we can't shut off our minds, and we worry constantly. The overload is real.

Through this program together we implement a highly effective, yet simple approach designed for high-performing professionals like yourself who want to maximize impact without risking burnout. Based on a proven framework, this program helps you move from reactive, frantic work to strategic, focused achievement. For you to be productive in a long-term sustainable matter. That you can do the meaningful work, and also enjoy the life you have with your loved ones.



SUSTAINABLE PRODUCTIVITY

Which level do you currently operate on?

ACTIVITY	FOCUS	PRODUCTIVITY
 SUSTAINABLE	STRENGTHEN	4X
 ACHIEVING	OPTIMISE	2X
 BUSY	STRATEGY	1X
 FRANTIC	SLOW DOWN	-1X
 CRISIS	RESET & RECOVER	- 2X

Crisis mode - you work extremely reactive, lots of avoidable mistakes happen, deadlines are missed, productivity is low and you feel deflated most of the time. Your focus needs to be on a reset and recover, creating the ability to take a step back and look at the situation with a pair of fresh eyes.

Frantic mode - work is still reactive, you work extra hours and are desperately trying to stay on top of all you have to manage. You're exhausted and without motivation. You seem to be doing it all, yet our output is not sufficient. Your focus needs to be on slowing down, so you can prioritise the essential and focus on your core responsibilities.

Busy mode - you're busy and mostly productive. Quality of output is not consistent, but you feel you're making an impact, however not as big as you want to. You are progressing, but you are not as effective. Your focus needs to be on strategy to regain control, to create clear goals and structure.

Achieving mode - you are productive and engaged; you feel enthusiastic and energised. You're able to balance your workload and you're progressing towards meaningful achievements. Focus needs to be on systems and processes to help you stay on track.

Sustainable mode - you are at peak productivity; fully aligned work and energy. You've got everything in place to support yourselves and each other. Focus need to be on strengthening long-term habits, so you can keep refining your productivity for satisfaction in work and life.



BECOMING SUSTAINABLY PRODUCTIVE

When supporting high-achieving environmental professionals, I commonly find that the following is stopping them from feeling achieved, confident and energised:

- Not taking time out for yourself
- Not being clear on their core needs: goals, objectives and values
- Prioritising being busy and productive over recovery and self-care
- Believing the status quo is acceptable, the norm

This program is ideal for:

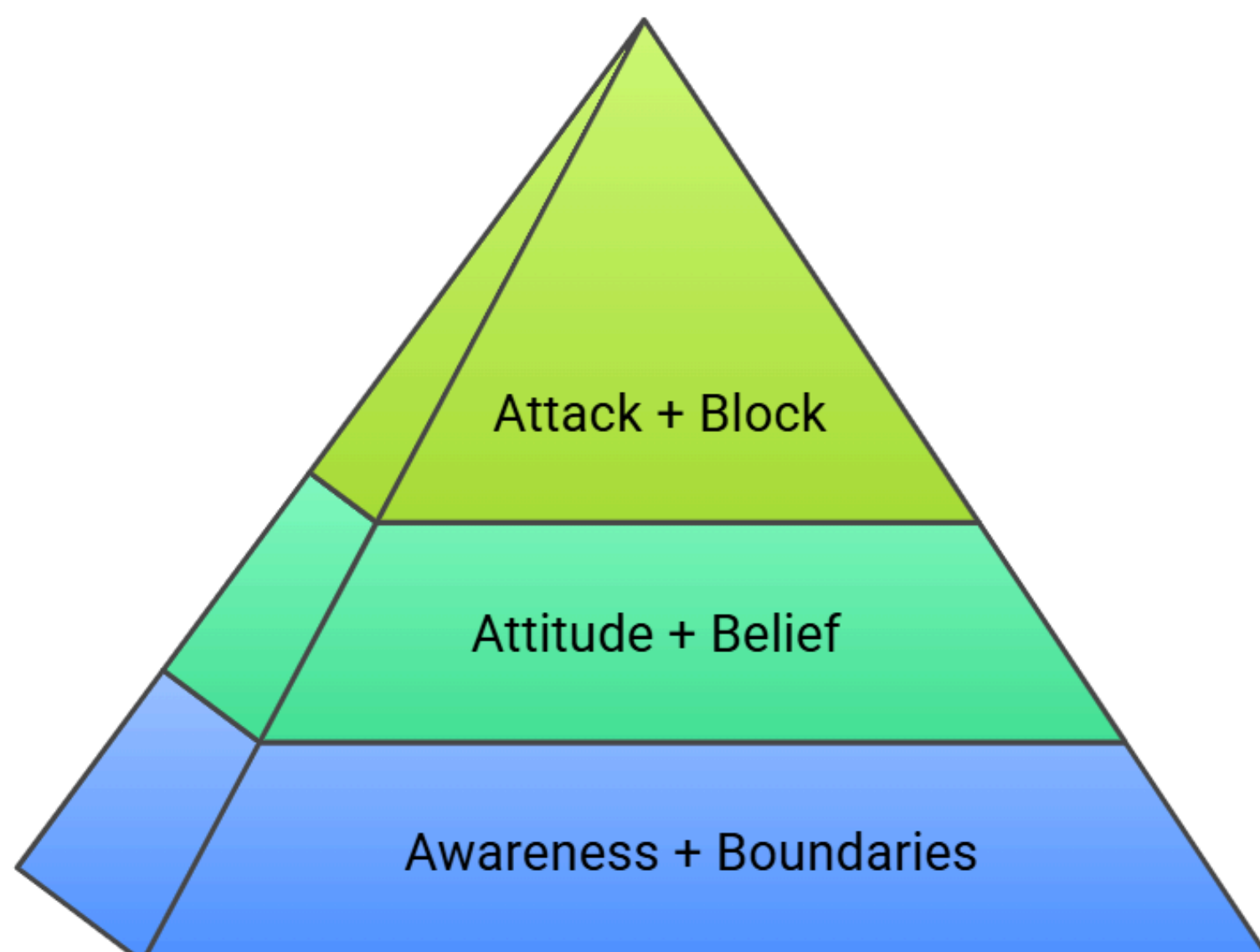
- Environmental leaders
- Environmental consultants
- Environmental specialists
- Environmental engineers
- Environmental / sustainability / HSE managers
- Scientists in the environmental, biology, conservation space

It's time to boost your productivity.

By becoming **truly productive, in a sustainable manner**, this will help you to:

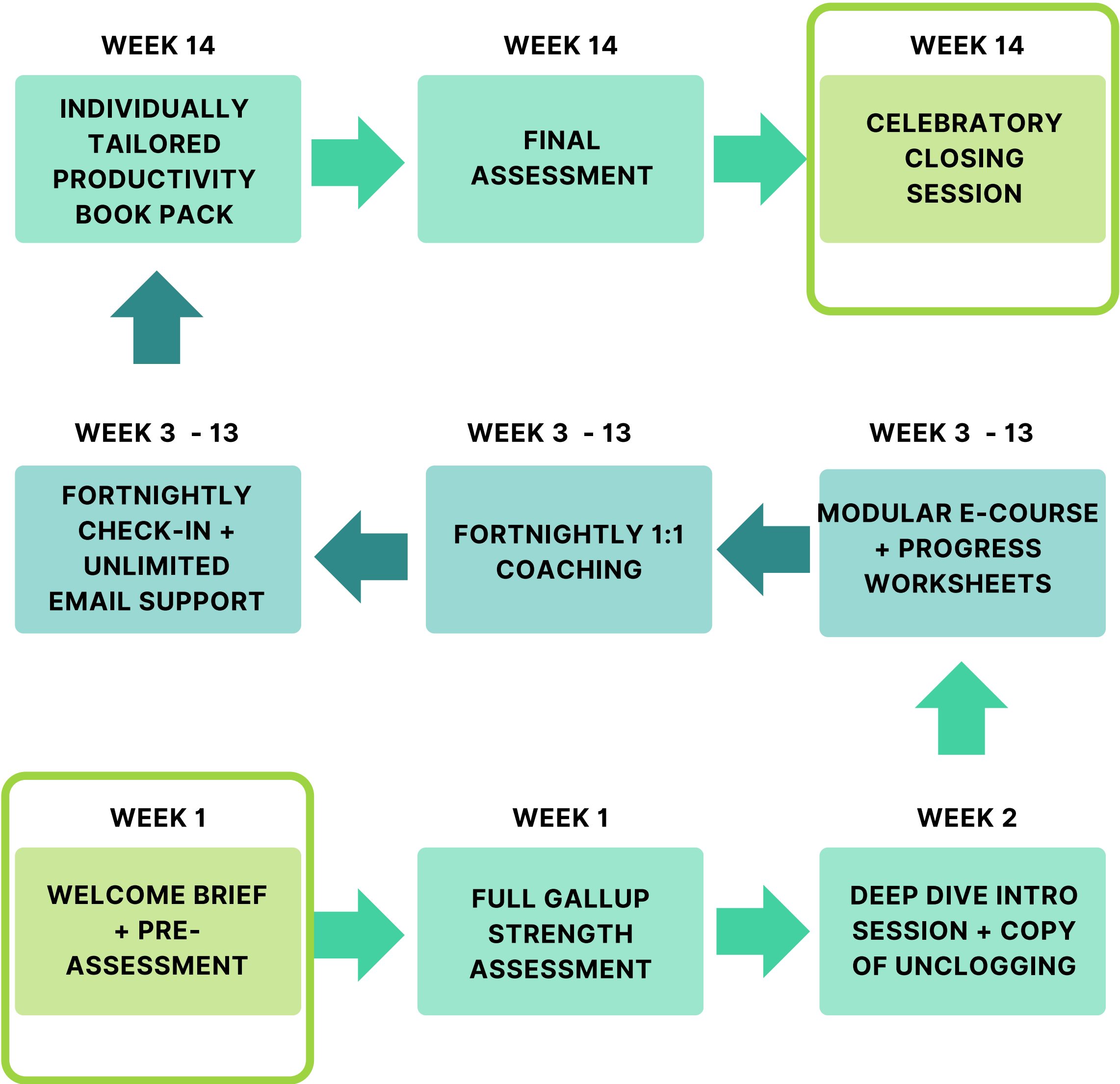
- Have boundaries, non-negotiables and the discipline to keep yourself to them
- Recognise cognitive traps, overcome the emotional load and prioritise yourself without the guilt
- Remove the burden of responsibility and perfectionism and have the tools to handle overload
- Establish your desired work-life balance; a holistic approach to fulfill your needs

Sustainable Productivity





HOW THE PROGRAM WORKS





PROGRAM DETAILS

KICK-OFF - week 1-2

Welcome Brief + Pre-Assessment

To kick off the program you are invited to answer a questionnaire on where you are right now in relation to your productivity, effectiveness and capacity. Based on these findings we will have a virtual 30min briefing to connect, check in and establish your expectations.

Full Gallup Strength Assessment

To assess your qualities, you are invited to complete the full Gallup Strength Assessment; the world's leading personalised insights in how you operate. This will be the foundation of building your self-awareness. The report will highlight all 34 strengths show up for you and we'll unpack together how we can best utilise these to support your effectiveness.

Deep Dive Intro Session + Copy of Eve's Book Unclogging

Our first coaching session will be a big one; to uncover all your challenges and for me to analyse how you process information, operate and recover. You'll also receive a physical copy of Eve's book unclogging in the post to get you started.

THE MEAT IN THE MIDDLE - week 3-13

Modular E-Course + Progress Worksheets

To support your understanding of the productivity challenges we currently face and how you can further support yourself to become more productive, more energised and more confident you will gain access to five video modules with progress worksheets which you can go through at your own pace.

Fortnightly 1:1 Coaching

For the duration of the program we will have fortnightly 1:1 coaching sessions, to be held virtual, for 60min. Fully confidential, open, and supportive, to ensure you are able to implement the strategies and we can identify which ones will bring you the most benefits. Insightful and pragmatic.

Fortnightly Check-In + Unlimited Email Support + Measurement

For the duration of the program you can always email me and I'll respond within 24hours during normal (conventional) work hours. This includes the Sustainable Productivity Measurement, which not only enhances your accountability but most importantly tracks your progress. All there to support you.

IN CLOSING - week 14

Individually Tailored Productivity Book Pack

To encourage you to continue your own productivity development I will compile a stack of 4 books that I think will help you the most. I will tailor this selection based on your needs and I'll even pick out the segments that I believe will work the best for you, so you don't need to feel overloaded with the additional resources.

Final Assessment

As the program to a close your academic brain would appreciate completing a final assessment to indicate your growth; in your path to sustainable productivity.

Celebratory Closing Session

After all sessions are completed, we will hold a final virtual 60min session to close, out, reflect and celebrate the wins :-)



RECOMMENDED PROGRAM

	SILVER 3 months	GOLD 6 months	PLATINUM 9 months
Welcome Brief + Pre-Assessment - valued at \$1000	✓	✓	✓
Deep Dive Intro Session - valued at \$1500	✓	✓	✓
Fortnightly 1:1 Coaching (virtual, 60min) - valued at \$1000	✓	✓	✓
Fortnightly Check-In + Unlimited Email Support - valued at \$1500	✓	✓	✓
Sustainable Productivity Measurement - valued at \$1500	✓	✓	✓
Modular E-Course and Progress Worksheets - valued at \$1000	✓	✓	✓
Celebratory Closing Session - valued at \$1000	✓	✓	✓
Individually Tailored Productivity Book Pack - valued at \$400	✓	✓	✓
Full Gallup Strength Assessment - valued at \$100	✓	✓	✓
Copy of Eve’s Book Unclogging - valued at \$30	✓	✓	✓
Investment (payment in instalments is available)	Valued at \$13030 \$5000 +GST	Valued at \$19030 \$10000 +GST	Valued at \$25030 \$15000 +GST



HERE'S WHAT OTHERS SAID

Besides working full-time, I also started my side business, I felt overwhelmed and like I had no time. Life was passing by and I wasn't appreciating it. Using Eve's approach really supported me by setting a goal to work towards, gain clarity on what was stopping me from being happy, including my limiting mindsets. I'm very happy how the support and encouragement made me achieve my goal through a combination of insights and practical tools and tips. I'm so aware now of my happiness and how I can ensure I'm enjoying life and totally ready to continue on this journey.

Astrid Heidrich – zoologist / environmental consultant

I started working with Eve when I was in a lifestyle transition from a stable and consistent work life to one of self-employment, coming with new opportunities and challenges. What I saw a tough time was transformed in a journey of getting clear on what I need and want to focus on with support from Eve in a motivating, positive and professional manner. My biggest change is my developing mindset from who I've always been to who I want to be.

Dale Van Beem – environmental project consultant

Feeling stuck and unsure of which direction to take next in my professional life, I was struggling to establish clear life goals to gain more satisfaction and accomplishment out of work. Working with Eve supported me to evaluate myself, working out what my values are and how to apply that to my life. She held me accountable, inspired me and motivated me to go for what I'm passionate about, all in a very pragmatic approach with clear objectives and goals. I now have a better understanding of myself and feel more confident about what it is I want in life.

Adam Wahby – senior consultant

Circumstances in my life made me realise it was time to focus on me and find what makes me happy in life. Optimistic to start with Eve but challenged as I realised some of my issues were lifelong problems and changing them would be difficult and possibly impossible. Everything had shifted by the end of our 3 months; I'm happy and content in my own skin, I'm kind to and accepting of myself. Now that I am, my whole world has changed - I feel lighter and genuinely happy with life. I honestly believe everyone should take the time to engage support like Eve to really understand where they want to go in life and have clarity and direction!

Catherine Jones – database and GIS manager



FAQs

Where do I make the time for this program?

You don't need more time—you need better leverage. This program is designed to fit within your existing workload and help you immediately reclaim time and focus by identifying non-essential tasks, and allowing you to set boundaries, and let go of that mental burden.

How do you prove a return on investment?

We focus on measurable shifts: reduced cognitive load, increased clarity, more meaningful output, and less rework or burnout. You'll notice tangible changes in how you manage your time, energy, and outcomes.

Why would I choose you over another coach or expert?

I combine scientific evidence, environmental industry insight, personal experience as an environmental professional, and martial arts discipline to give you practical tools that work in the real world—not vague advice or cookie-cutter plans.

What if I struggle with making progress?

I get that you could feel this way, I would be the same. The program includes support mechanisms, check-ins, and coaching tools to help you navigate stuck points and build momentum—even in tough weeks. That's where the real learning and growth happens.

Can I pause the program for personal or professional reasons?

Yes. Life happens. The program is designed with built-in flexibility, so you can pause and resume when needed—I'm here to help and we can go at your pace.

Isn't this another life coachy program or course?

No fluff here. This is a structured, evidence-based system designed for professionals in demanding roles. You'll gain practical strategies to manage your workload—not just feel better about it.

What if I already feel too overwhelmed to take on anything new?

This program is designed for people who are already stretched. It doesn't add more—it helps you subtract the noise and simplify what's already on your plate.

I've tried productivity tools before and they didn't work. What makes this different?

This isn't about apps or hacks. It's a systems-based approach grounded in cognitive science, built specifically for professionals in high-pressure environments. It's about building sustainable productivity, not just managing time.

Will this actually apply to my industry and role?

Yes. It's tailored for professionals like you—who juggle competing priorities, tight deadlines, and the expectation to deliver results while staying aligned with their values.

I'm worried I won't stick with it. What support is included?

The program includes accountability check-ins, practical exercises, and real-time guidance so you're not left doing it alone.

What results have others seen?

Most participants report clearer focus, reduced stress, and increased impact—without working longer hours. Results build as the system becomes second nature to how you operate.



About

Eve Broenland is a Productivity Expert who helps teams and leaders manage information overload to boost productivity and mental clarity.

With a double Master's Degree in environmental science and marine biology, Eve combines her scientific expertise with a passion for simplifying how we work. Her unique perspective stems from experiences living in fast-paced as well as remote locations, allowing her to understand the profound impact of our external environment on our mental capacity.

Eve's Dutch heritage defines her clear, direct, and structured approach, while her background in martial arts instills focus, discipline, and effectiveness. She has developed a highly effective framework rooted in complexity science, cognitive psychology, and productivity strategies. Her tools empower teams and leaders to streamline workflows, enhance decision-making, and reduce overwhelm.

Through her workshops, keynotes and tailored programs, Eve has supported organisations like Rio Tinto, Red Bull, Glencore, CBH Group, and MNG, helping them to be productive without compromising mental health.





Steps from here

1. Ask me any questions you may still have.
2. Decide which program is best for you if you would like to go ahead.
3. Send me an email to let me know your decision.
4. Sign the program agreement, pay the (first) invoice and we'll book in a date to get started.

Happy to help,

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