

Engagement Structure

This is for you if.. you're looking to learn the most effective productivity techniques in short time

Duration: 6 weeks x 2 hours per week structured sessions + 6 x 1 hour per week open sessions

What's covered: Training modules going in-depth into at least five of six key productivity areas

Outcomes: Strong understanding of effective productivity techniques with actionable tools

What's included

- ✓ Equist Productivity Assessment
- ✓ Peer group live interactions and via chat (for course duration)
- ✓ Delivered in a course format, module-by-module
- ✓ The most critical aspects of productivity covered based on years of experimentation
- ✓ Frameworks & customizable templates
- ✓ Weekly One Hour Open Sessions for Questions



**Sounds Interesting?
Let's speak.**






Tejas Pahlajani
Founder - Equist
Write to tejas@equist.co

*"Over the past seven years, **Tejas has implemented leading productivity methods and developed his own systems** to overcome his productivity challenges*

*He started Equist **to enable many others who struggle with being effective** in their personal lives and at work"*

Cohort Sessions on Personal Productivity Management

Structure	Duration	Intended Outcomes	Our Approach
<ul style="list-style-type: none">● Group size: 8 people● Format: Online (with 1 session in person)	<ul style="list-style-type: none">● Weekly on Saturday mornings● 6 sessions x 2 hours● Additional 1 hr weekly open session	<ul style="list-style-type: none">● Improved Focus● Improved Planning● Improved Mindset● More in control● More personal time	<ul style="list-style-type: none">● Productivity Assessment● Delivery interactive sessions● Focus on practical tools● End survey to track gains

<p>1</p>  <p>Productivity Concepts</p> <p>We share the most effective productivity concepts that can drastically improve personal productivity</p>	<p>2</p>  <p>Frequent Interactions</p> <p>We understand that people might find it difficult to stay engaged. That's why we include frequent interactions.</p>	<p>3</p>  <p>Live Exercises</p> <p>Templates are shared for people to clarify their thinking and apply concepts</p>	<p>4</p>  <p>Fishbowl Activities</p> <p>For critical concepts, going step-by-step with one or two participants' journeys to explore important nuances</p>	<p>5</p>  <p>Resources</p> <p>Beyond the session, we will share a list of top resources for each area for offline viewing</p>
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5.0 / 5.0 (Very Satisfied)
Average Score across 5 participants of **Productivity Cohort #1**

100%
CSAT Score



Anushree Pandey

Lead - Fundraising and Partnerships at 321 Education Foundation

"6 weeks of these sessions and reflections have brought me closer to understanding a healthy work-life balance. I do not claim to be 100% productive by the end of it (I wish!), but I am inching towards it. Output submissions are on time, my sprint priorities are clear, and I have overcome a lot of stress associated with a hectic workday. I can surely aim for that ideal week now and thank you for that!

It has been a great journey of learning and understanding for me. The content was precise, and the techniques taught were easily applicable. I loved the check-ins during our reflection sessions and that helped bolster my understanding of what worked and what did not to improve my productivity.



Divya Pinge

Lead - Fundraising and Partnerships at 321 Education Foundation

"What stood out for me was having a very safe space with other participants to share my experiences, getting validation without judgment and feeling that there's a solution for almost everything.

I've been for similar trainings, but found the real differentiator was Tejas putting in a significant amount of effort in creating original content versus 'text-bookish' material. Tejas was also able to grasp where each person was coming from and share his own relatable experiences"



Neha Beri

Product Manager - Digital Business at Principal Financial Group

"Personal productivity is an extremely relatable subject. So it's all the more rewarding when you take up a course that's so well researched and goes into aspects of productivity beyond techniques and systems.

The course helped me understand practices that would be best suited for my own personal and professional goals without getting overwhelmed. Would highly recommend this course!"



#1 Fundamentals

- Defining Productivity
- Productivity Principles
- Setting Individual Objectives

#2 Mindset

- Growth vs Fixed mindset
- Power of Self Talk
- How to get Feedback that propels you

#3 Prioritisation & Planning

- Weekly Prioritising & Planning
- Forming Habits
- Daily Prioritisation & Planning

#4 Task Management

- Types of Task Mgt Systems
- Managing Projects & Tasks
- Weekly & Daily Tasks Review

#5 Attention

- How to 'omni-task'
- Focus Techniques
- How to manage digital distractions

#6 Triggers

- Managing Meetings
- Managing emails & communication
- Making space for strategic thinking

Batch 2 begin Saturday 27th May

Actual Pricing

INR 30,000

Reduced Pricing (For those applying by 19th May)

INR 24,000

* ALL INCLUSIVE

Have Questions? Let's chat.

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Founder - Equist

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