# LEADERCAMP



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| ABOUT  PEGGY SULLIVAN  Photo of PEGGY SULLIVANPeggy is a keynote speaker, author, consultant, and trusted researcher. Through her work, she has discovered why busyness is detrimental to our health, happiness, and success.  With her help, people and organizations are unlocking peak performance, improving self-care, and finding true happiness. Peggy has presented for both small teams and Fortune 500 companies like Google, Bank of America, Blue Cross BlueShield, and Ingram Micro.  In her new book [*Beyond Busyness: How to Achieve More by Doing Less*](https://www.amazon.com/Beyond-Busyness-Achieve-Doing-Less%EF%BB%BF/dp/B0DGMPZTBG)*,* Peggy outlines her signature three-step "Busy Busting" methodology that is actionable, effective and has already helped thousands of people. |

## BEYOND BUSYNESS

HOW TO ACHIEVE MORE   
BY DOING LESS

WITH

PEGGY SULLIVAN

APRIL 16, 2025

Eat, work, sleep, repeat—it’s the silent addiction wreaking havoc on individuals and organizations alike. This cycle leaves people frustrated, burned out, and far from peak performance. Peggy Sullivan is here to change that, offering actionable solutions to conquer today’s relentless busyness traps.

Peggy’s work is grounded in proprietary, data-driven research that reveals a staggering 78% of people are stuck on the “hamster wheel,” unsure how to break free. She understands the growing challenge of balancing productivity with the need for health, happiness, and joy in daily life.

As a recovering busyness addict, Peggy shares her transformative journey from time poverty to intentional living, replacing overwhelm with purpose and kinetic happiness. Her “Busy Busting Process” is straightforward, results-oriented, and proven to move thousands off the busyness treadmill into a space where peak performance, self-care, and happiness coexist without compromise. Reducing busyness isn’t just a personal win—it’s a game-changer for organizations seeking healthier, more effective teams.

### PARTICIPANTS WILL:

* Understand the terrible price we pay for busyness.
* Learn a more effective way to measure and improve performance with “The Busy Barometer.”
* Discover the three-step Busy-Busting Process for building a team that is productive, engaged, and enjoyable.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about **Peggy Sullivan**, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***BEYOND BUSYNESS: HOW TO ACHIEVE MORE BY DOING LESS***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

How has the concept of busyness and its negative impact on individuals and organizations resonated with you personally?

Can you share any instances where busyness has affected your productivity, well-being, or overall performance in the past?

What actionable solutions from Peggy Sullivan's session do you find most compelling for conquering busyness traps in your own life?

How do you plan to implement Peggy's "Busy Busting Process" to transition from overwhelm to purposeful living and kinetic happiness?

****In what ways do you think reducing busyness can positively impact both your personal well-being and the effectiveness of your team or organization?

What steps can you take to build a more productive, engaged, and enjoyable team using the three-step Busy-Busting Process you learned at the Leadercamp?

How will you prioritize self-care and intentional living moving forward to maintain a balance between productivity and personal happiness?