

the bright method™

BY KELLY NOLAN

AN 8-WEEK PROFESSIONAL DEVELOPMENT TIME MANAGEMENT PROGRAM
DESIGNED FOR PROFESSIONAL WORKING WOMEN

The Bright Method is a realistic time management system for managing and accomplishing professional and personal projects and tasks with more efficiency and less stress. The program teaches professional working women:

- Organization strategies to gain a more objective understanding of their capacity, workload, and how they interact, which improves workload management, prioritization, and work product quality;
- A 6-step process to set and achieve realistic plans to meet work deadlines and accomplish long-range projects while improving communication within the team and with clients; and
- A system to understand how projects get done over time, which allows for taking real breaks, which reduces the chances of burnout.

Medicial Breakout Sessions: For three weeks, women additionally meet with peers in their field – i.e., physicians meet with other physicians to discuss industry-specific time management pain points and solutions.

Women who have gone through the program describe being able to prioritize better at work, produce better work product, accomplish priority projects successfully on time with less stress, sleep better, improve their relationships (including with clients and teammates), and feel more confident. To hear more in their own words, see page 3.

The investment for the eight-week program & these results is \$2,997.

About Kelly Nolan

The Bright Method was created and is taught by Kelly Nolan, an attorney-turned-time management strategist, mom, and wife to an ER physician. After experiencing overwhelm as a young patent litigator in a big Boston law firm, Kelly figured out a time management method that helped her show up at work and at home in the ways that she wanted to – without requiring her brain to somehow magically remember it all. She used this system to continue practicing law for years. She now empowers other professionals with this realistic time management method. Learn more at kellynolan.com.

As seen in

**Bloomberg
Businessweek**

FASTCOMPANY

Forbes

Parents



the bright method™

BY KELLY NOLAN

HOW IS THIS DIFFERENT FROM OTHER TIME MANAGEMENT PROGRAMS?

(1) It's designed for professional working women

Many traditional time management approaches are designed by men, who tend to have a lot more support at home than women typically do. Unlike many systems out there, The Bright Method™ takes into account the number of roles and mental load that women carry and helps them manage them all and lighten their mental load in one comprehensive system that molds to their lives, preferences, and industries.

Plus, we discuss drawing and enforcing boundaries in ways that women, generally speaking, tend to be more comfortable with (which means we actually do it). This helps women keep their workloads manageable so they can knock those work projects out of the park with excellence and confidence.

(2) The Bright Method™ is all about practical, step-by-step instructions (not just high-level platitudes)

When I was searching for time management help, I often heard high-level and seemingly simple concepts like “just schedule self-care” and “protect your boundaries.” But when I went to implement, I couldn't figure out how to make them work for me in the long term, making me feel even worse about myself.

That's exactly what I work to avoid here. I show women exactly how to implement, give them more practical examples than they may want, and am here to provide personalized support throughout the program.

I want each person to walk away from the program with an up-and-running system that's already giving them that peace of mind they've been searching for.

(3) It molds to each person and doesn't cram them into some rigid schedule that happens to work for someone else.

I pride myself on providing a flexible time management method that molds to each person's life and industry, and I provide personalized support to help you make sure it's a good fit. There's no one-size-fits-all here.

the bright method™

BY KELLY NOLAN

WHAT WOMEN WHO'VE LEARNED THE BRIGHT METHOD HAVE SAID

Dr. Rachel David, Physician & Mom of three:

"I am definitely the busiest I have ever been in my life... And yet... I am also probably the most relaxed/calm I have been in a very long time (ever?). My workload (between home and work) hasn't changed, but the way I process and calendar the endless to-do's has, and it's amazing... I'm so grateful! This has sincerely been life-changing."

Dr. Tala Kassm, Physician & Mom of two:

"Before working with Kelly, I felt overwhelmed, frustrated, annoyed, and anxious at all of the things I had to do... After I went through Kelly's program, I have less stress, more clarity, confidence, and honestly more sanity. I feel lighter, and when I have downtime, I can actually relax instead of worrying about projects because everything is on the calendar somewhere, so it's all going to get done at some point – now I can just enjoy this time. I no longer have this feeling of 'there's too much to do' or 'there're things I need to do for certain projects that I'm afraid I'll forget about.' I don't have that dread feeling that I'll never get everything done anymore."

Dr. Marytery Fajardo, Physician & Mom of two:

"Before taking Kelly's group program, I felt like I must be a failure for not being able to get everything done... I now have so much more clarity and confidence. I no longer blame myself for struggling to complete more tasks than reasonably fit into a given day. Kelly helped me lay it all out on the calendar and identify blocks of time I had and what time I did not have... If you're considering Kelly's program, you should not hesitate and sign up! Kelly has so many tips and resources to share. I have been talking to lots of people about her program, and I think their lives would be better if they took Kelly's course!"