

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.

Legal Breakout Sessions: For three weeks, women additionally meet with peers in their field – i.e., attorneys meet with other attorneys 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**

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Parents

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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.

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WHAT WOMEN WHO'VE LEARNED THE BRIGHT METHOD HAVE SAID

Katie Martens, Attorney & Mom:

"I feel like I have found the map I need to navigate myself through the waters of kids, my business, my interests, and other obligations. It's felt so overwhelming to do everything in the past, and now I feel a sense of calm about getting done what I want to get done."

Monica Campbell, Attorney:

"I was a bit nervous when I joined [Kelly's program] since I've done other programs and bought numerous books and watched untold number of YouTube videos on time management and made no real improvement, at least not any lasting changes... Now I think that I couldn't afford NOT to take this program. It has changed the way I looked at time and the way my mind processes it. This was a game-changer for me."

Lindsey Cochran, Attorney:

"If you're considering taking the Bright Method program, absolutely do it. Invest in yourself. The rewards are incredible. I truly didn't know how life changing this process would be. I feel that I am a much better wife, mother, daughter, employee, colleague, and friend now that I have a practical time/task management system in place."

C.T., Attorney & Mom:

"Now that I've completed the program I feel like I have more clarity around what I need to do and a plan for actually getting it done. The biggest win is that I no longer wonder if I have missed something important. I also like that because my calendar is current with what needs to be done that I no longer over commit... If you join the program, trust the process. If you stick with it, you will be amazed with the results. I rarely forget anything and if someone has a question about a project I can actually give them a pretty solid update on where things stand with it now... Actually, for what you get, I think the cost is extremely reasonable and if anything Kelly could charge much more for the service. Absolutely worth the money investment."