

# 6-WEEK PROGRAM

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*“How To Be Much More Productive Without The Burden Of Anxiety, Burnout And Anger (ABA).”*

## Week 1

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**All about UNPLUGGING. Why it's important and how it affects your productivity.**

- Studying the **first pillar** of the online course.
- One hour 1-1 session - exploring the most burning problem and what holds you back
- Daily availability to check progresses and overcome any bumps along the road with 15 minute calls. Multiple calls per day are totally possible and welcome.

### What you get

YOUR GAIN FOR THIS WEEK

- Clear overview of your current unplugging strategies.
- Understanding how the way you unplug right now impacts your life and productivity.
- Understanding where anxiety, burnout and anger (ABA) come from.
- Uncovering the hidden link between ABA, unplugging and productivity
- Identifying the best strategies to achieve healthy unplugging.
- Introduction to the first acceptance and commitment therapy (ACT) tools.

## Week 2

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**All about BURNOUT. Why it's important and how it affects your productivity.**

- Studying the **second pillar** of the online course.
- One hour 1-1 session - exploring the most burning problem and what holds you back
- Daily availability to check progresses and overcome any bumps along the road with 15 minute calls. Multiple calls per day are totally possible and welcome.

### What you get

YOUR GAIN FOR THIS WEEK

- Understanding burnout.
- Clear overview of your relationship with burnout.
- Understanding how your behaviors can bring you close to or safely far from burnout.
- More ACT tools to deal with burnout.
- Determining strategies to keep burnout at bay.

## Week 3

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**All about TEAM PLAYER. Become an awesome flexible-location team player.**

- Studying the **third pillar** of the online course.
- One hour 1-1 session - exploring the most burning problem and what holds you back
- Daily availability to check progresses and overcome any bumps along the road with 15 minute calls. Multiple calls per day are totally possible and welcome.

### What you get

YOUR GAIN FOR THIS WEEK

- Understanding how ABA, with a focus on communication and triggers, can undermine productivity.
- In depth exploration of the ACT tools to create human value.
- Exploring strategies to better communicate, establish trust and create human value.

## Week 4

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### All about VISIBILITY. How to become a beloved and irreplaceable part of the team.

- Studying the **forth pillar** of the online course.
- One hour 1-1 session - exploring the most burning problem and what holds you back
- Daily availability to check progresses and overcome any bumps along the road with 15 minute calls. Multiple calls per day are totally possible and welcome.

#### What you get

##### YOUR GAIN FOR THIS WEEK

- Clear overview of what visibility is and how to maximize it leading to a healthy boost of productivity.
- Understanding how your behaviors can create an enormous human value for you and the rest of the team.
- Deepening the knowledge of ACT, applying it to your specific life and work.
- Exploring strategies to become more visible without falling into the ABA's trap.

## Week 5

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### All about WORK-LIFE INTEGRATION. How to put all the pieces together.

- Studying the **fifth pillar** of the online course.
- One hour 1-1 session - exploring the most burning problem and what holds you back
- Daily availability to check progresses and overcome any bumps along the road with 15 minute calls. Multiple calls per day are totally possible and welcome.

#### What you get

##### YOUR GAIN FOR THIS WEEK

- Clear overview of all the parts of your life that create fulfillment and propel you forward.
- Understanding how the integration of life and work can occur in your specific situation.
- Exploring strategies to integrate life and work according to your values and vision.

## Week 6

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### Wrap up and further steps.

- One hour 1-1 session - exploring the most burning problem and what holds you back
- Daily availability to check progresses and overcome any bumps along the road with 15 minute calls. Multiple calls per day are totally possible and welcome.

#### What you get

##### YOUR GAIN FOR THIS WEEK

- Clear overview of how the five pillars interact with each other creating productivity and well-being.
- Establishing an action plan to stay focused and productive without the burden of ABA.
- Deciding whether further support is needed.