

LEADER'S DIGEST

*“The only way for humans to stay in the game will be to **keep learning** throughout their lives, and to reinvent themselves repeatedly.”*

Yuval Noah Harari



THE IMPORTANCE OF STRATEGIC PAUSES

“When talented people in any industry don’t have time to think, their business suffers. **Thinking is what changes everything.**” These are a few of the wise words by **Juliet Funt**, the CEO of WhiteSpace at Work. Funt emphasizes the importance of white space - the strategic pauses taken between our work activities.

These small pauses can be used to either reboot our exhausted minds or, more importantly, they can be used in a constructive sense. The space to think can actually drive a business result, company innovation, or strategy. So she’s not talking about meditation but boundaryless space for innovation and creativity.

As we live in a time of information overload and constant changes, it is more important than ever to **take strategic pauses to think**. To help you with this, Funt proposes “four white space simplification questions” to help clear space in cluttered routines:

1. Is there anything I can let go of?
2. Where is “good enough,” good enough?
3. What do I truly need to know?
4. What deserves my attention?

To read more about Funt’s ideas, visit our [blog](#).

READ THE SUMMARY

THE KEYS TO SUSTAINABLE HIGH PERFORMANCE

“What is the key to **sustainable high performance**? Well, I actually think there are three. The first is to be clear about where to focus your efforts. Secondly, you need to be disciplined about when and where to rest. And finally, perhaps most importantly, find and follow your own rhythm - pay attention when you are at your best.”

James Hewitt, a performance scientist, shared his tips on how to achieve sustainable high performance at Nordic Business Forum 2018 in Helsinki. You can watch the entire speech [here](#).



WATCH THE SPEECH

FREE UPCOMING WEBINAR



Webinar with Jason Fried

This time, we will get together with Jason Fried, the co-founder and CEO of Basecamp. During the webinar, we will dive deeper into the topic of *how to successfully lead a remote team*.

Join us on 12 August, at 18:00 (UTC+3) to learn more! Sign up for free [here](#).

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