

# the bright method™

BY KELLY NOLAN

A SIX-WEEK TIME MANAGEMENT PROGRAM DESIGNED FOR PROFESSIONAL WORKING WOMEN

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

- Set and achieve realistic plans to meet work deadlines and accomplish long-range projects while improving communication within the team and with clients;
- Gain a more objective understanding of their capacity, workload, and how they interact, allowing for more effective conversations at work and home about managing the workload and gaining necessary support; and
- Experience decreased stress and more peace of mind because the method makes clear how it all can get done over time (instead of right now), allowing for breaks that can actually be enjoyed – and, therefore, are actually recharging.

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 and communication with partners at home, and feel more confident. To hear more in their own words, see the next page.

*The investment for the six-week program & these results is \$1,997.*

## About Kelly Nolan

The Bright Method was created and is taught by Kelly Nolan, an attorney-turned-time management strategist and mom. After experiencing overwhelm as a young patent litigator in a big Boston law firm, Kelly figured out a time management method to help 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 now empowers other professionals with this realistic time management method. Her time management method has been featured in Bloomberg Businessweek, and her work has been published in Forbes, Fast Company, Parents, Working Mother, and more. Learn more at [kellynolan.com](http://kellynolan.com).



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## WHAT WOMEN WHO'VE LEARNED THE BRIGHT METHOD HAVE SAID

### **Kristin Waters Sullivan, Attorney:**

"The first brief I submitted following Kelly's program was a game-changer. Feeling good about getting it not only submitted well within time, but also knowing it was a quality product because I wasn't rushing at the last minute and panicking that I missed something, was a relief I honestly have never felt before while practicing law. I was so calm! And it helped my arguments in the hearing too because I had been so organized in writing it (I won, by the way!)."

### **Stephanie Ness, Finance Director & Mom of Two:**

"[After the program, I] had more confidence in pushing a prioritization conversation at work with my boss and business partners. I was able to get alignment to work on three big priorities for the quarter - only three. With two weeks left in the quarter, we're on track to deliver all three, something my boss didn't expect would be possible."

### **Erika Sinner, Founder, Directorie:**

"After the program, I have clarity on where my time is spent and how I manage my daily life, which has actually also made me more accountable in my goals. There is no more 'where did my day go,' but true accountability and intentional planning... These changes have been noticeable beyond me, but also to my husband and my team; my team is now signing up for the course!"

### **Dr. Chelsea Pierotti, College Instructor, Business Owner & Mom of Two:**

"This program was worth the time and money 10x over! I actually told Kelly when I signed up that I was so overwhelmed I probably couldn't even get to the lessons and maybe I had to wait until next year when my work would calm down a bit. Oh the irony! I knew I needed it but didn't feel I could squeeze in the time. But the difference it made in just the first two weeks brought so much stress relief that I can't imagine NOT going through it now! For me, 2020 increased my workload and made things more stressful than ever before, and Kelly's program really helped me get more done with less time and ease the stress along the way."