

AWS re:Invent

NOV. 28 – DEC. 2, 2022 | LAS VEGAS, NV

INO101-R

Boost productivity and avoid becoming overwhelmed

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What do we do?

Provide you guidance to beat overwhelmed feelings and a framework to help you feel like you are succeeding

Who are we?

- Founding members of the Emotional Intelligence and Success group at Amazon
- Hosts of the Working from Home Success podcast
- Trained over 30,000 Amazonians in EQ and productivity



How much do you agree with this statement?

"I am experiencing more stress than I want to"

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree

What is the impact

On you



What is the impact

On your life

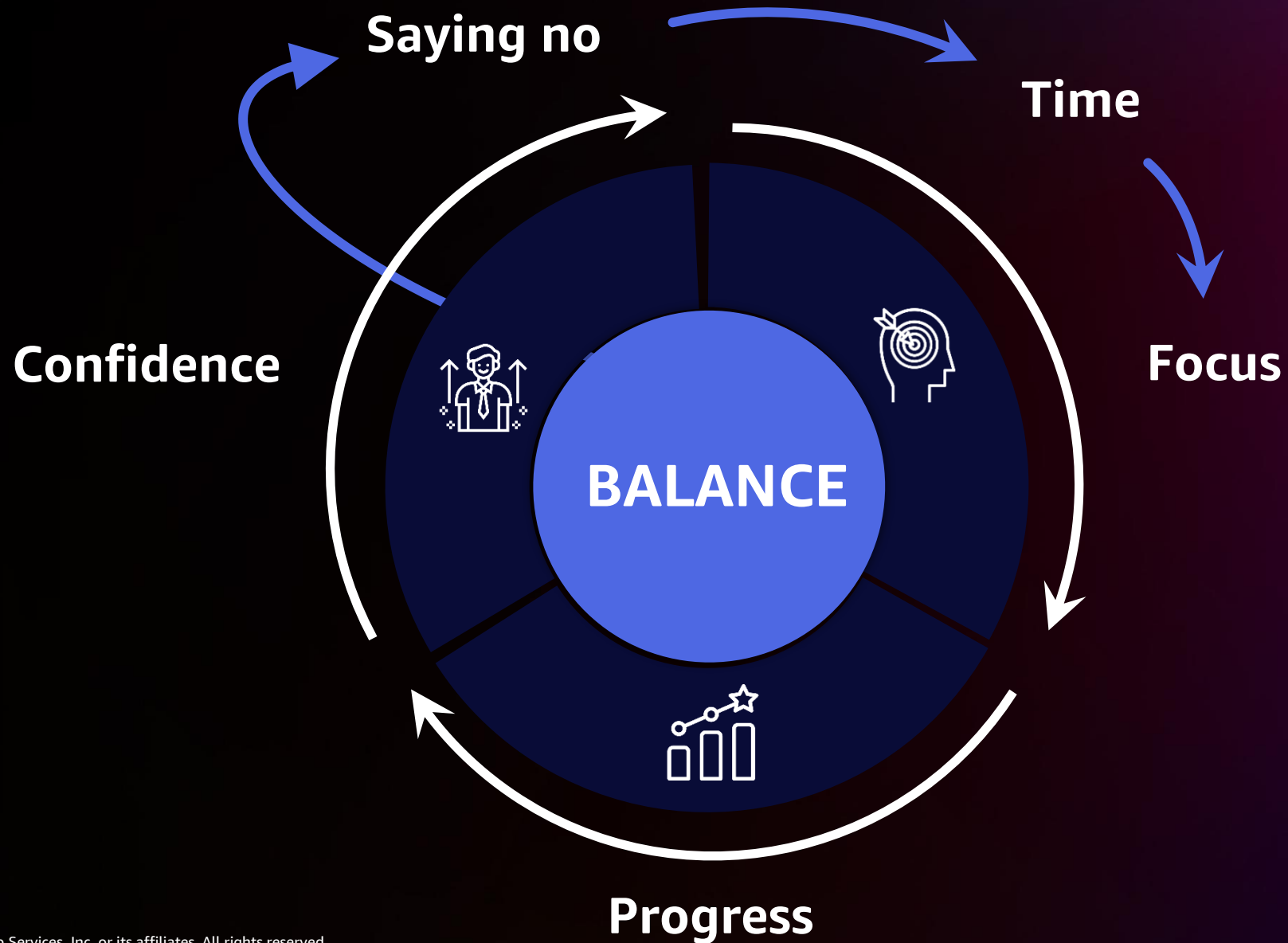
What is the impact

On your loved ones



What happens if you don't change?

Agenda



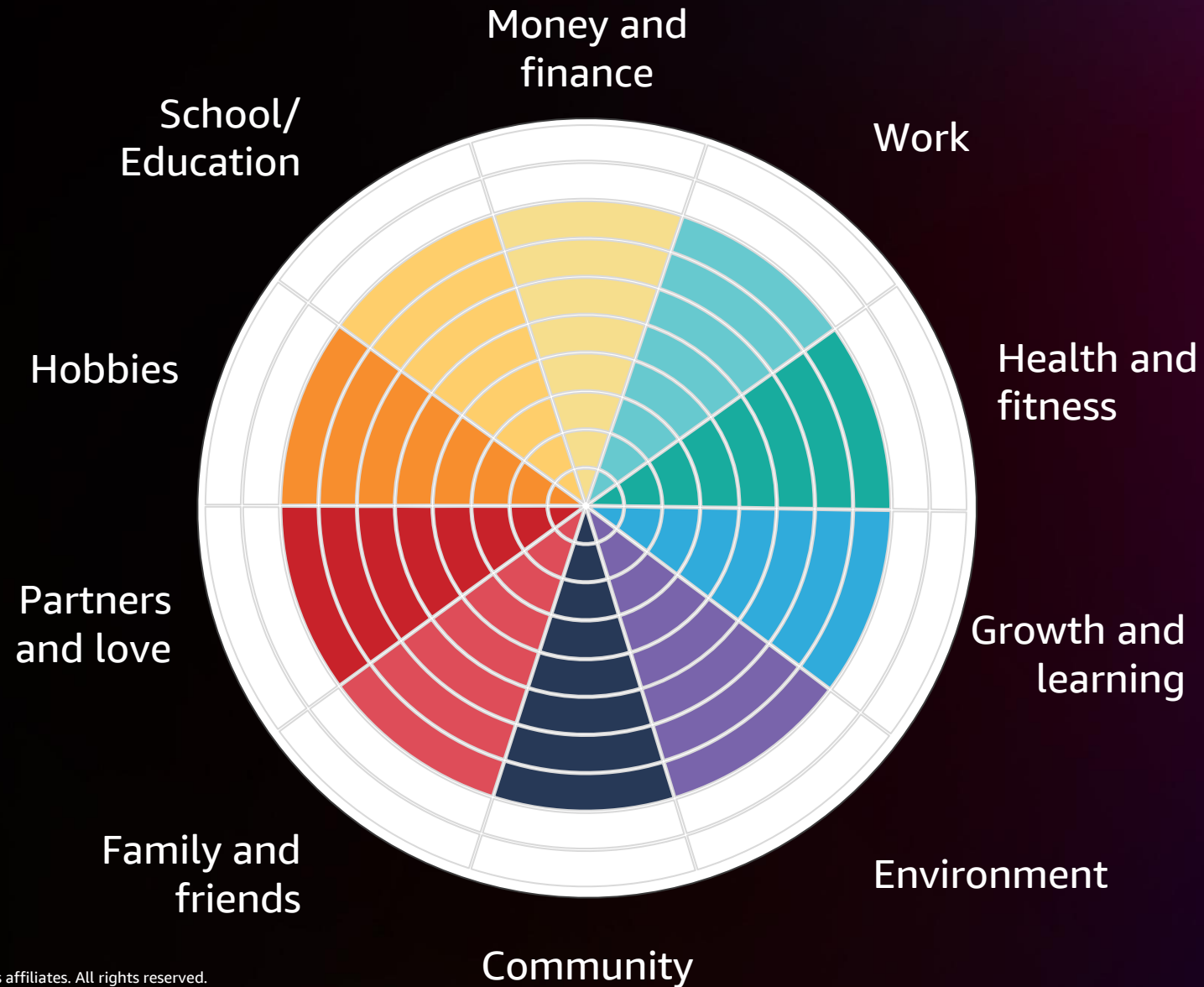
Part 1

Balance

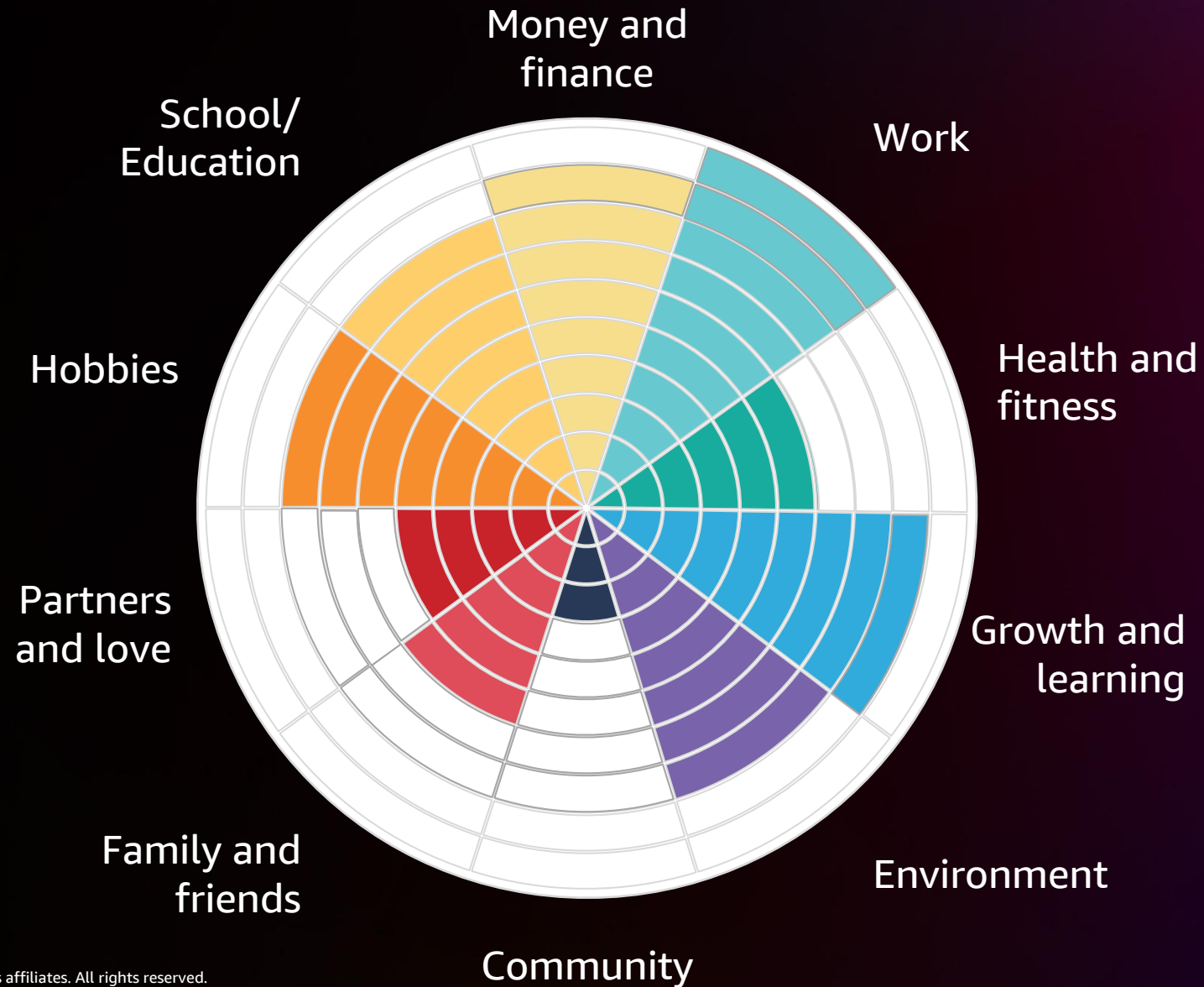




Balance



Unbalanced



Exercise 1

Create your own wheel of life

Sample blueprint – The high-achieving solutions architect

BLUEPRINT FOR SUCCESS

~~Make customer impact~~

~~Always be the thought leader~~

~~Release whitepaper/blog~~

~~Get certified for time~~

~~Speak at every event~~

~~Exceed goals~~

Variance in customer technologies



Equation

Stress –

Life Conditions (C) \neq Blueprint (C)

*C = Categories of life

Exercise 2

Do your life conditions align with
your blueprint?

Exercise 2A

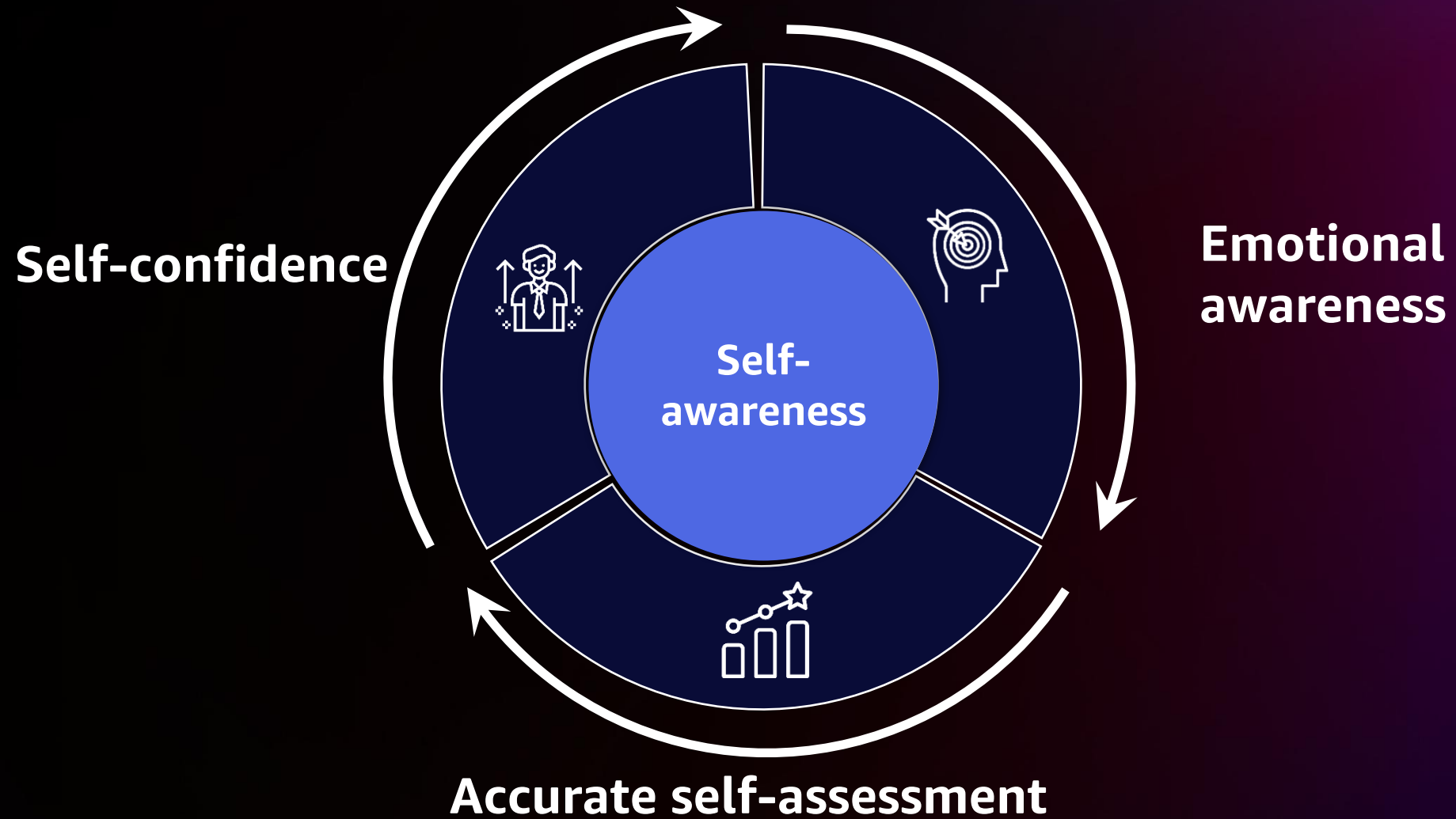
What is your blueprint for
success at work?

Part 2

Self-awareness



Self-awareness



The importance of a vision

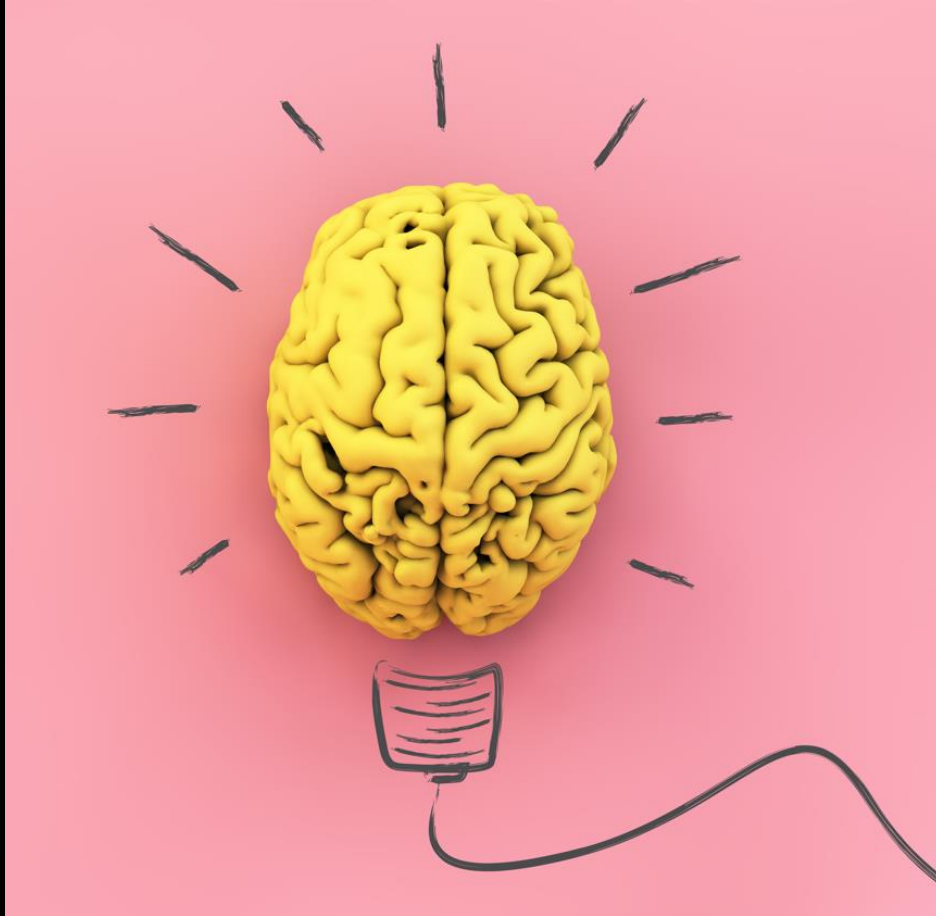
“Amazon.com introduces the world’s first voice-controlled, internet-connected cloud audio system”

The importance of a vision

1. Progress = Confidence
2. Allows us to create goals, and goals give us focus
3. When we have focus, we can take action
4. Action = Progress



3-step goal creation process



1- Work backward

- Understand your rules for success
- Create your personal press release (PR)

The headline – The what

Your ultimate goal for the year, the one achievement that if you are successful, you will have had a great year

There will be goals and projects (outputs) you need to achieve to meet this vision, but this is the "Think Big" outcome

The headline - Rules

Needs to be one that excites you

Needs to be challenging

Cannot know how you will be going to achieve it

Sub-headline – The why

Sub-heading – One or two sentences max

Why is achieving this huge milestone big for you and your life?

Important –

Pick something that would make a loved one really proud

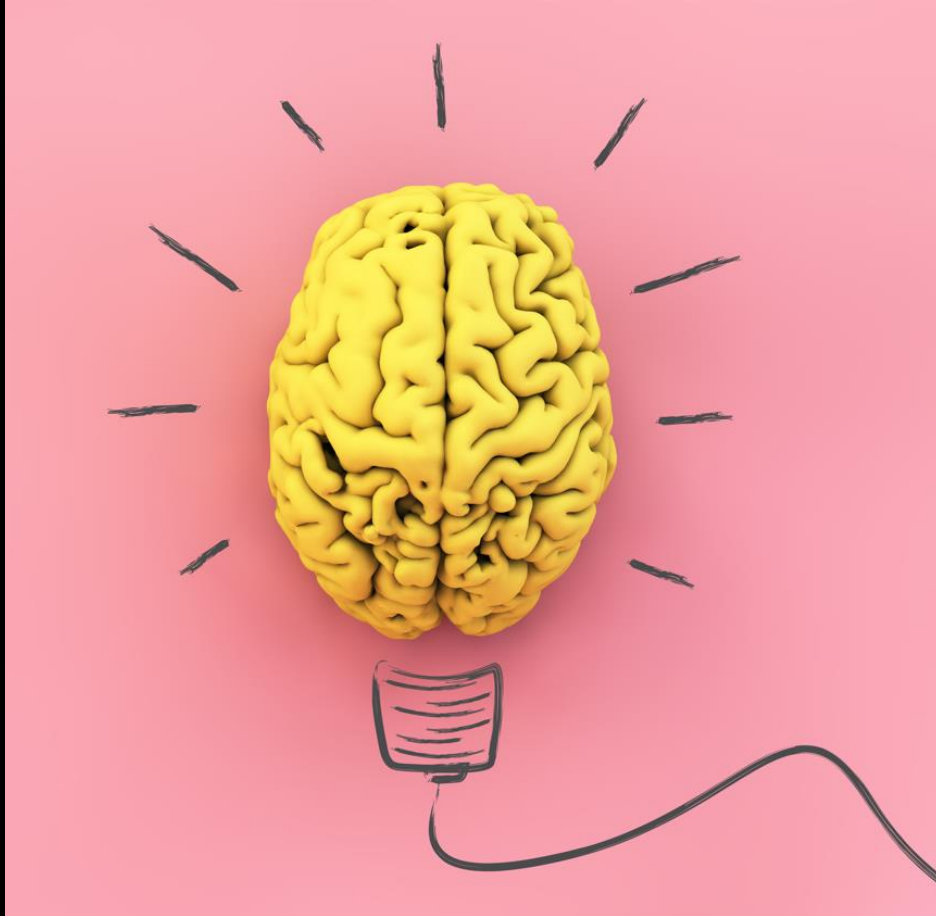
3-step goal creation process



2- Create the goals

- Deep dive on your frequently asked questions
- Define your key outcomes
- Create the action plan

3-step goal creation process



3- Organize your time

- Block calendar time – **Focus**
- Take action – **Progress**
- Measure your progress – **Confidence**

Exercise 3

Working backward from success

Part 3

Progress



Seek help

- Find your who
- Accountability partners
- Share your goals



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Image from WOCinTechChat.com

Discipline

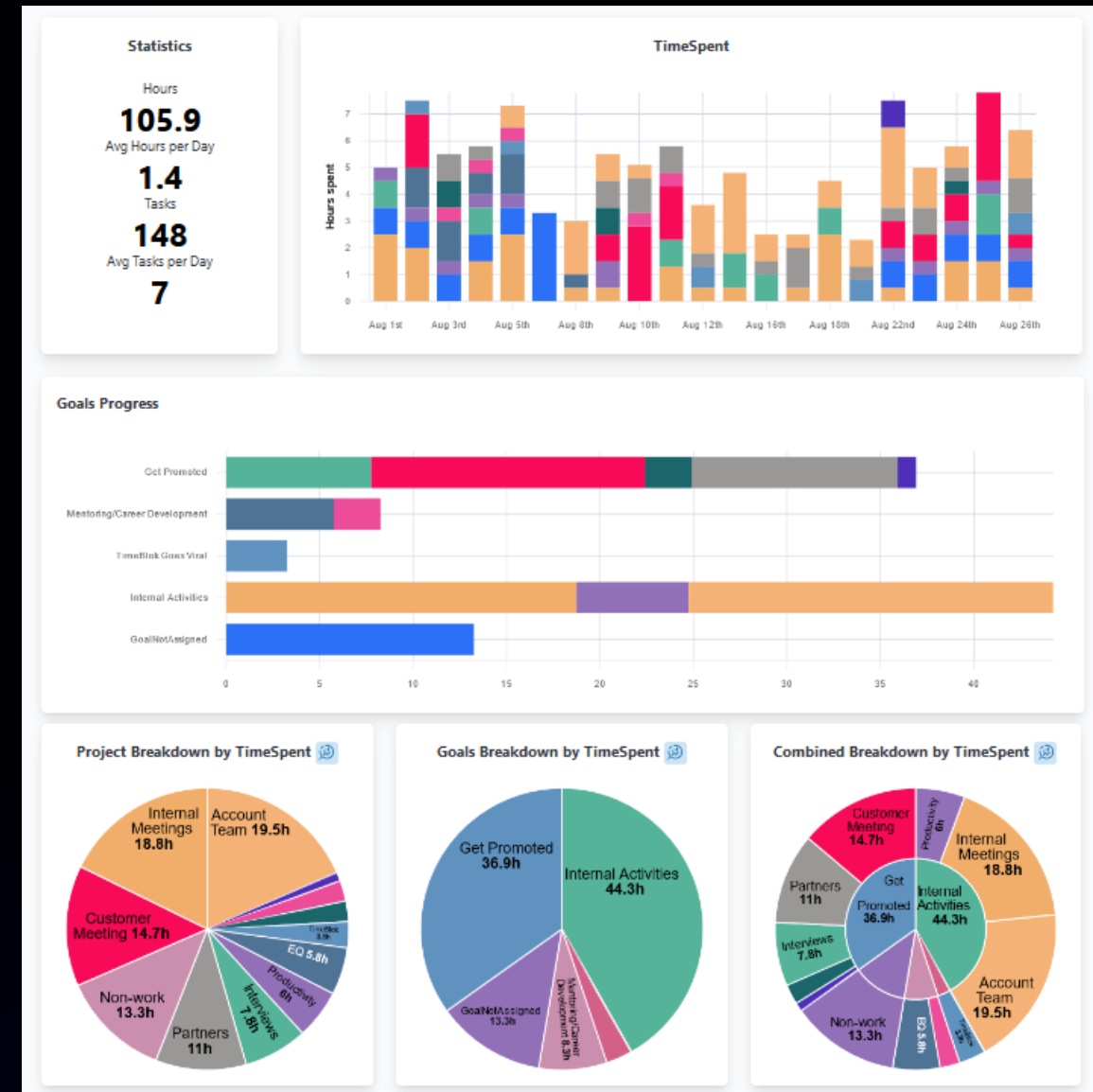
- Stay focused on the vision
- Prioritize - Avoid distractions
- Own your calendar



Image from WOCinTechChat.com

Techniques

- Pomodoro session
- Be more productive
- Mind mapping
 - Gain more time
- Measure your time spent
 - Use your limited time “budget” wisely



Part 4

Confidence



Be grateful

- Measure success Backward
 - Understand your blueprint
- Document your progress
- Celebrate your wins
- Journaling
 - Gain clarity
 - Calm emotions
 - Measure progress



Image from WOCinTechChat.com

Exercise 4

Journaling

Key takeaways

To find **balance** we need focus in each category

To achieve **focus** we need a vision

To make **progress** we need discipline

To maintain **confidence** we measure backward from our blueprint

Unhappiness – Life Conditions(C) \neq Blueprint (C)

Who knows the importance of this number?

4000

Recommended reading for EQ growth

Emotional Intelligence by Daniel Goleman

Who not How by Dan Sullivan and Dr. Benjamin Hardy

Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves

Grit by Angela Duckworth

Flow by Mihaly Csikszentmihalyi

The Gap and the Gain by Dan Sullivan and Dr. Benjamin Hardy

Think Again by Adam Grant

Search Inside Yourself by Chade-Meng Tan

High Performance Habits by Brendon Burchard

INO 101

Boost productivity and avoid being overwhelmed

Workshop

INO 102

Amazon's culture of innovation

Breakout session

INO 103

How to increase resilience and prevent burnout

Breakout session

INO 104

AI/ML at Amazon.com

Breakout session

INO 201

Rapid transition from idea to solution

Chalk Talk

INO 202

Working backwards in action: Starting with your customers

Workshop

INO 203

Emotional intelligence can supercharge innovation

Breakout session

INO 204

Leading beyond line of sight: Amazon's two-pizza teams

Breakout session



Thank you!

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