

# AWS re:Invent

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# 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

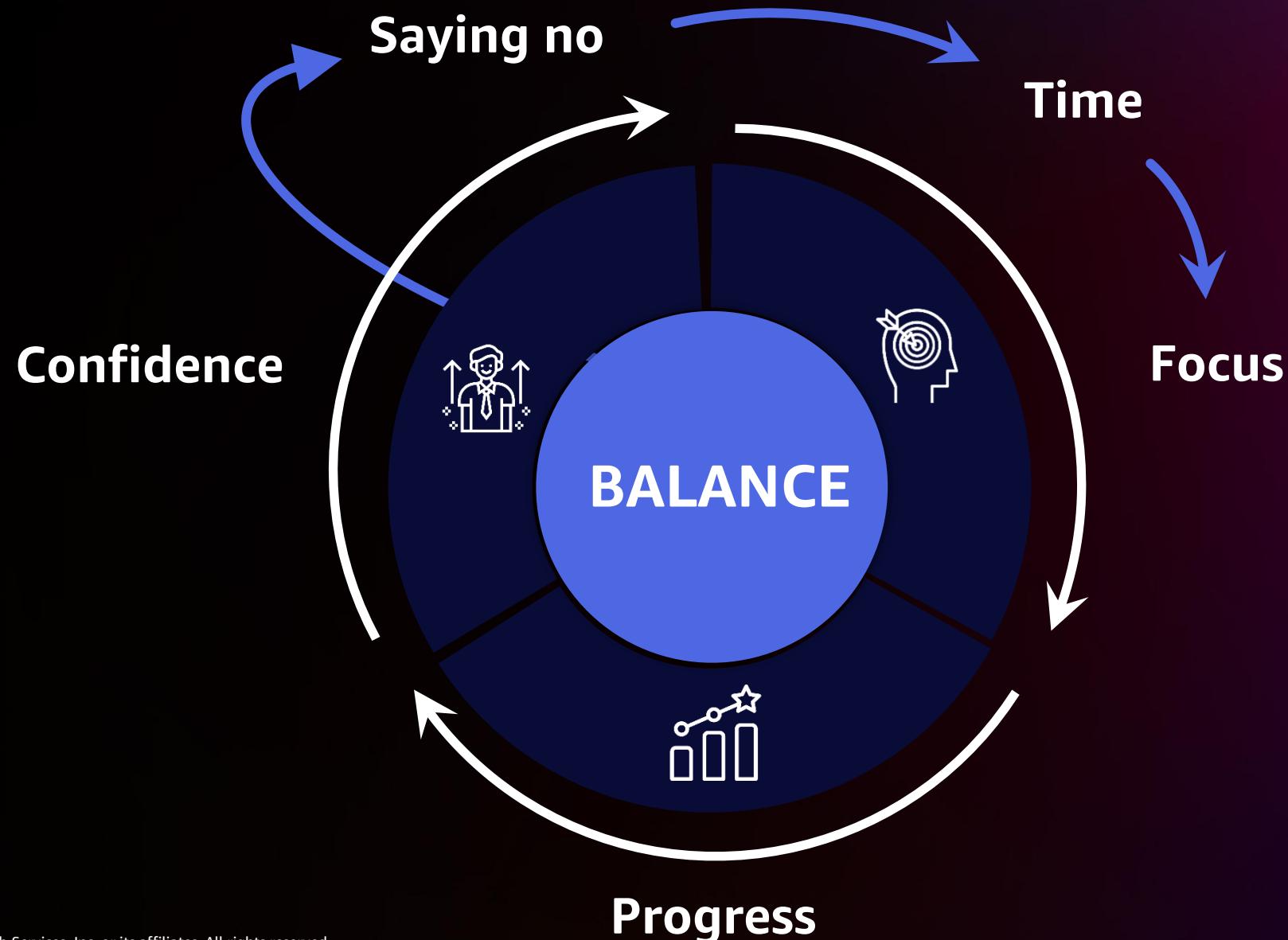
On your life

# What is the impact

On your loved ones

# What happens if you don't change?

# Agenda

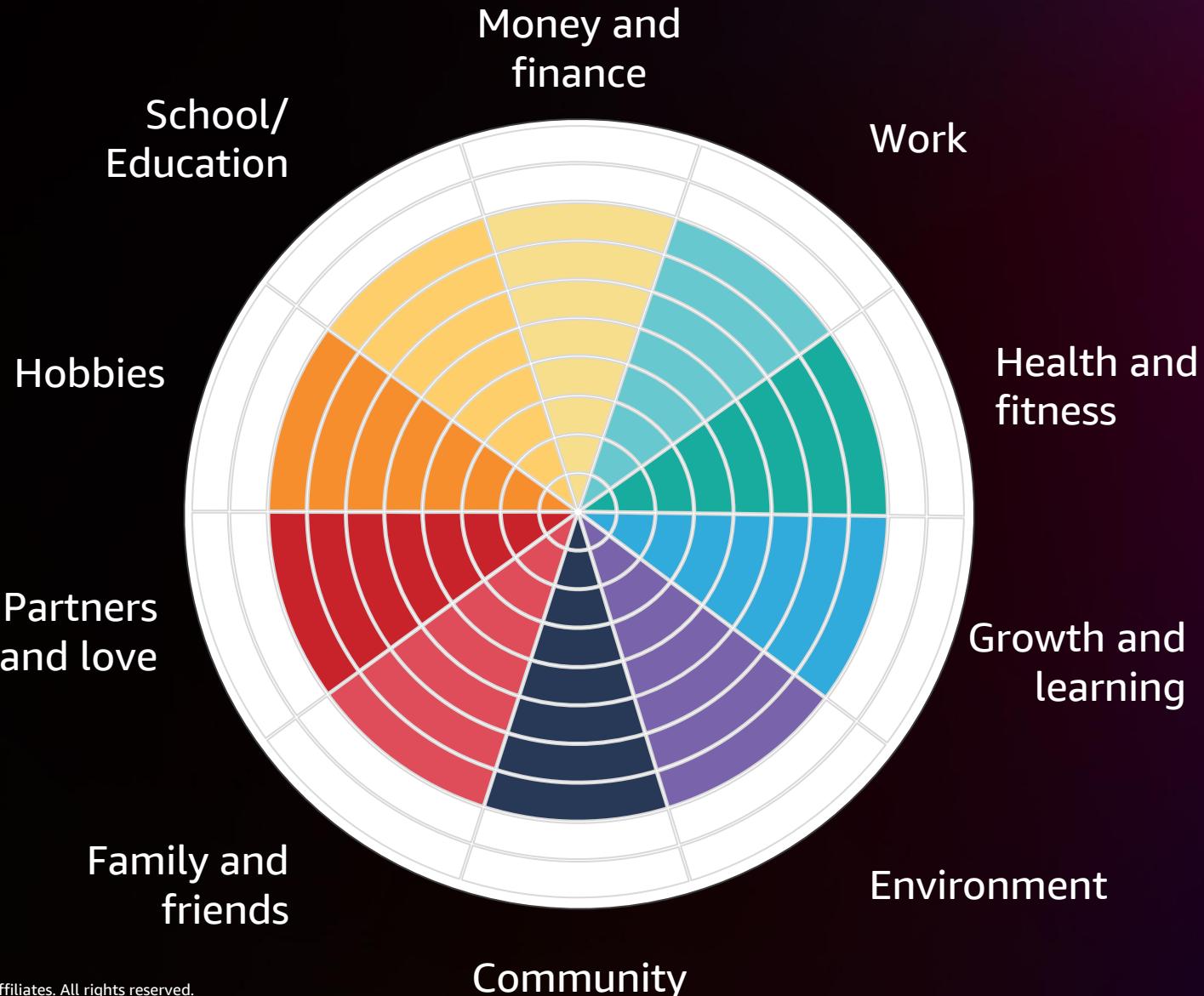


# Part 1

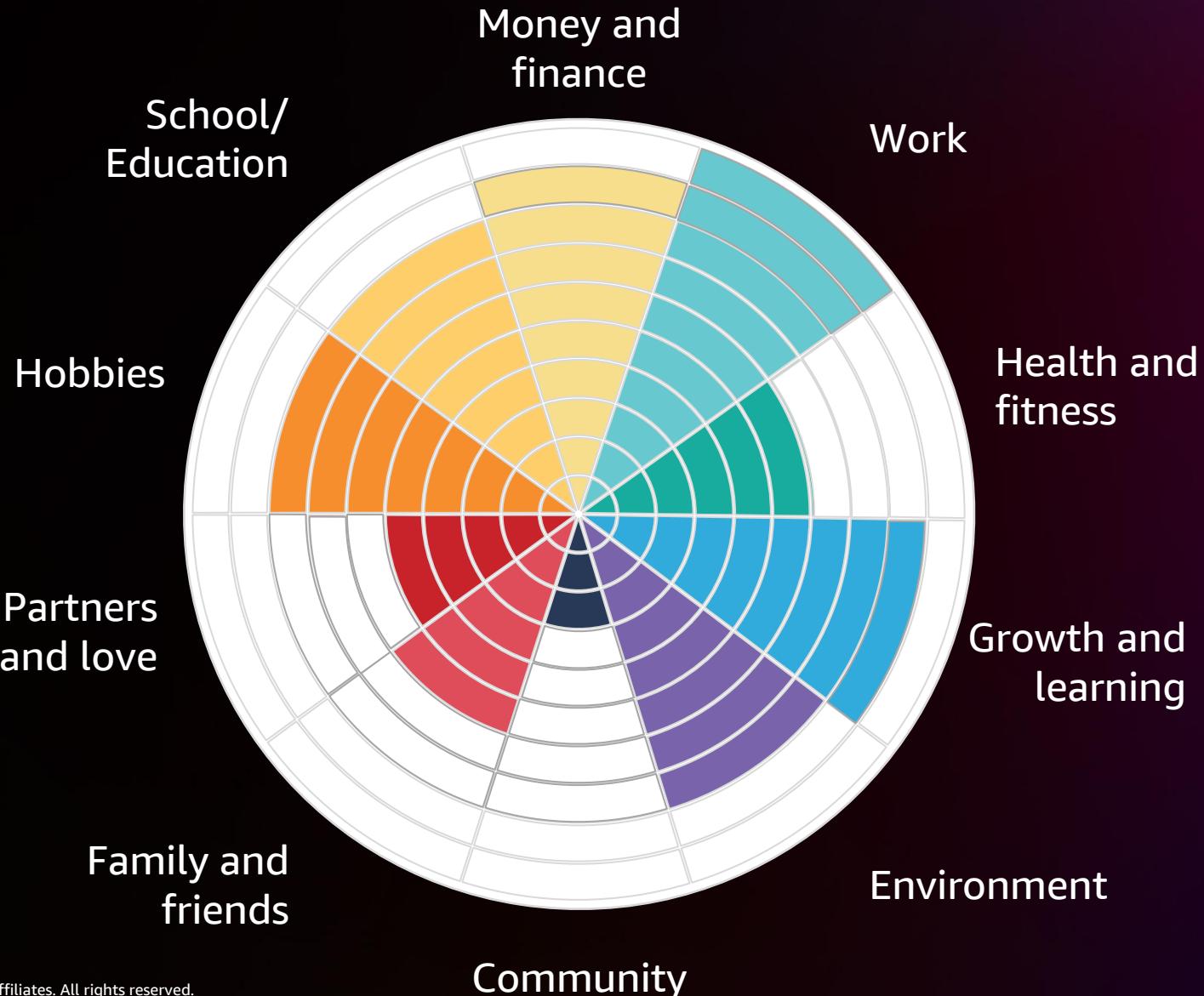
## Balance



# Balance



# Unbalanced



# Exercise 1

Create your own wheel of life

# Sample blueprint – The high-achieving solutions architect

## BLUEPRINT FOR SUCCESS

Make a customer impact

Always be the thought leader

Release quality papers/blog

Gets certifications for time

Speaks at many events

Creates diagrams

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?

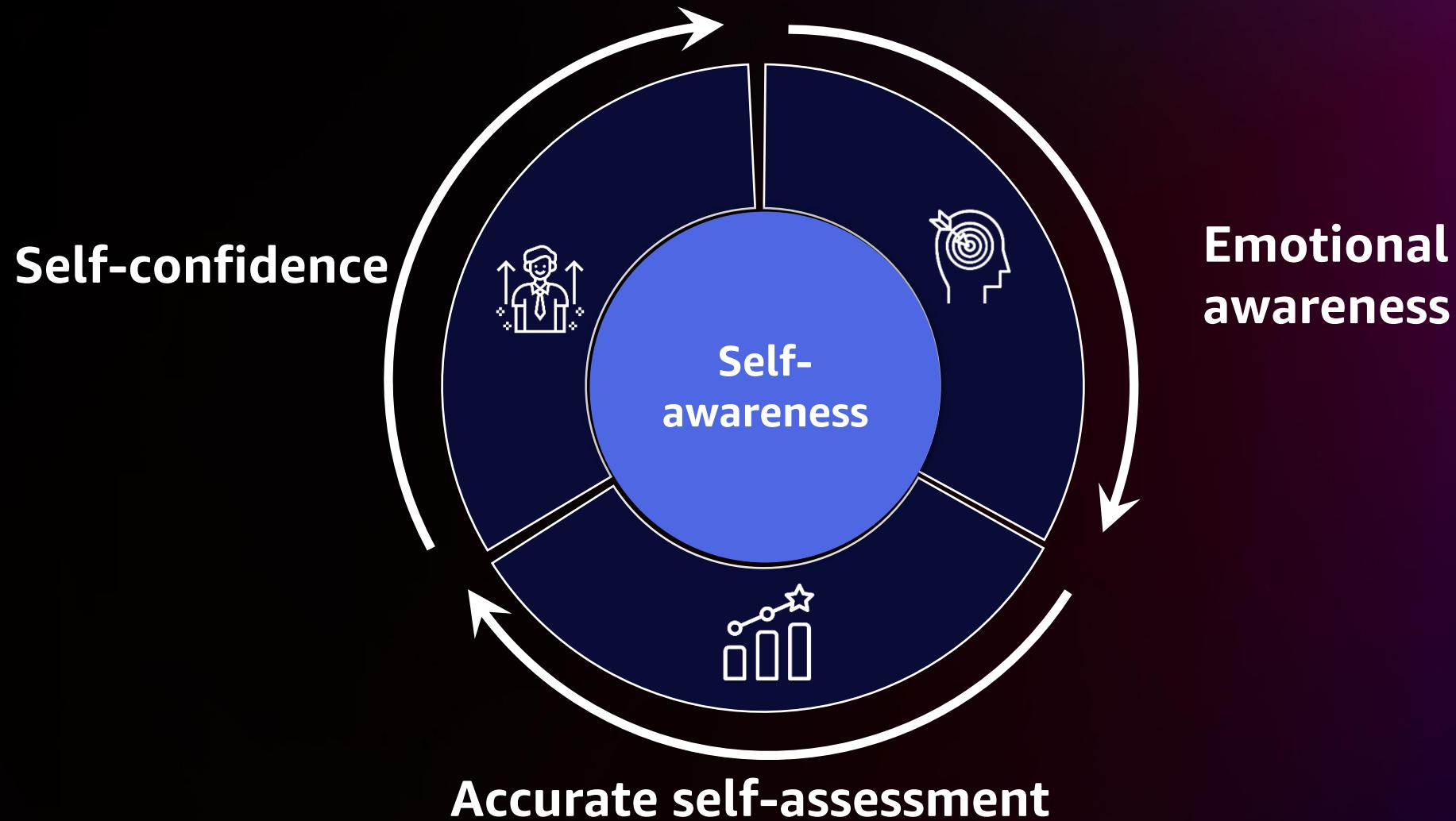
# Exercise 2A

What is your blueprint for success at work?

# Part 2

## Self-awareness

# Self-awareness



# The importance of a vision

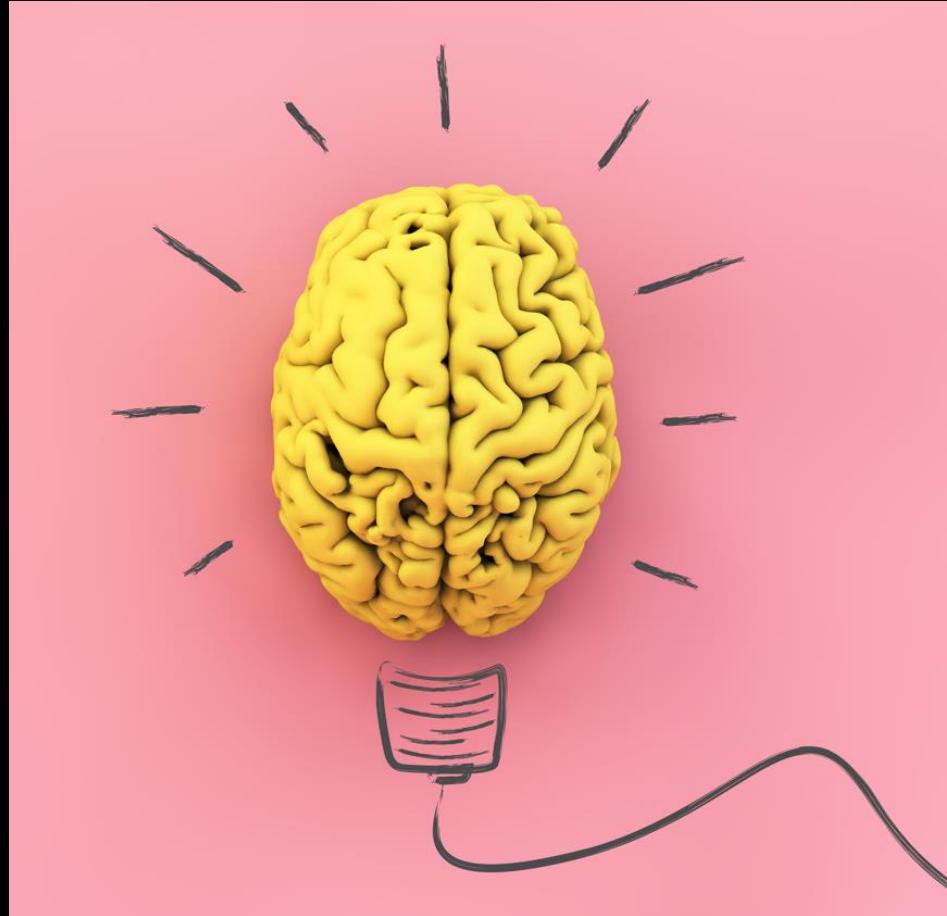
**“Amazon.com introduces the world’s first voice-controlled, internet-connected cloud audio system”**

# 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

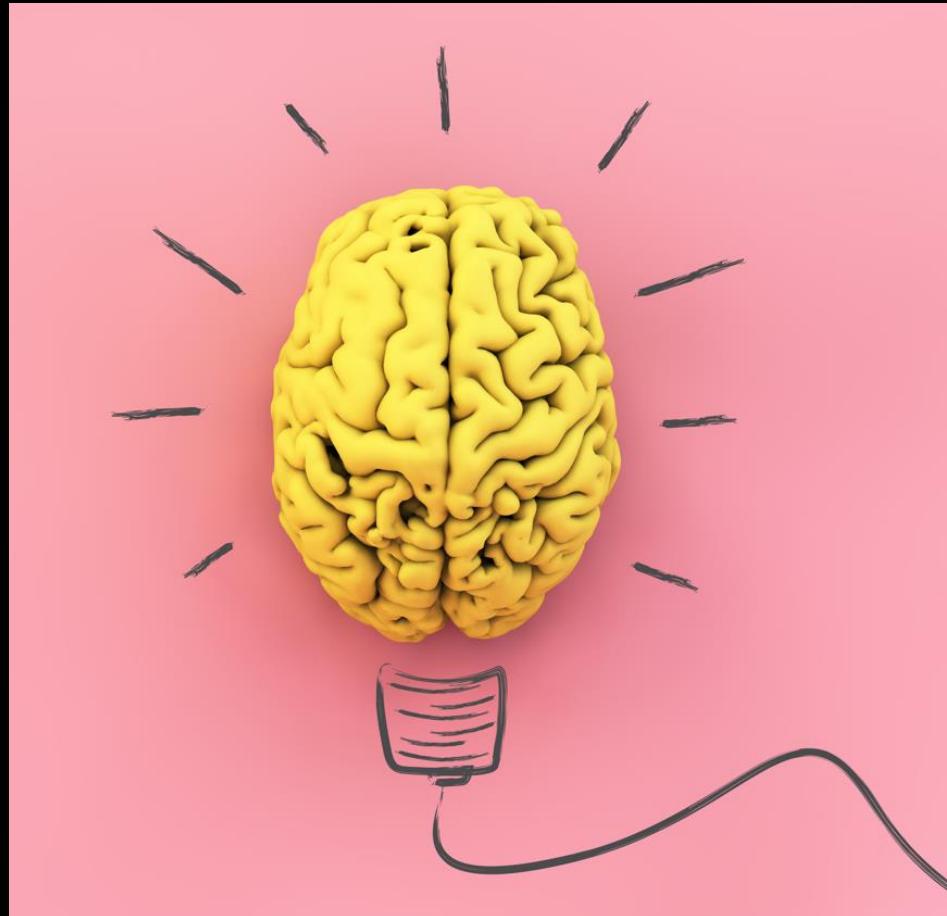
## Sub-heading – One or two sentences max

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

# Important –

Pick something that would make a loved one really proud

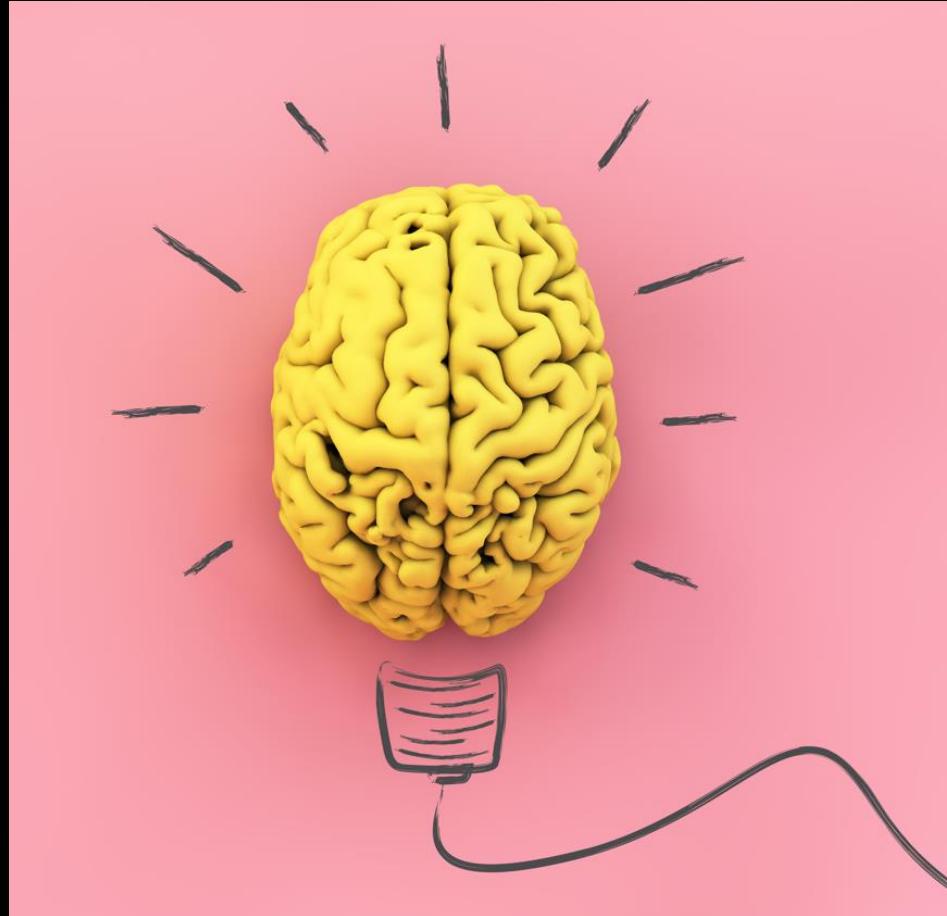
# 3-step goal creation process



## 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



Image from WOCinTechChat.com

# Discipline

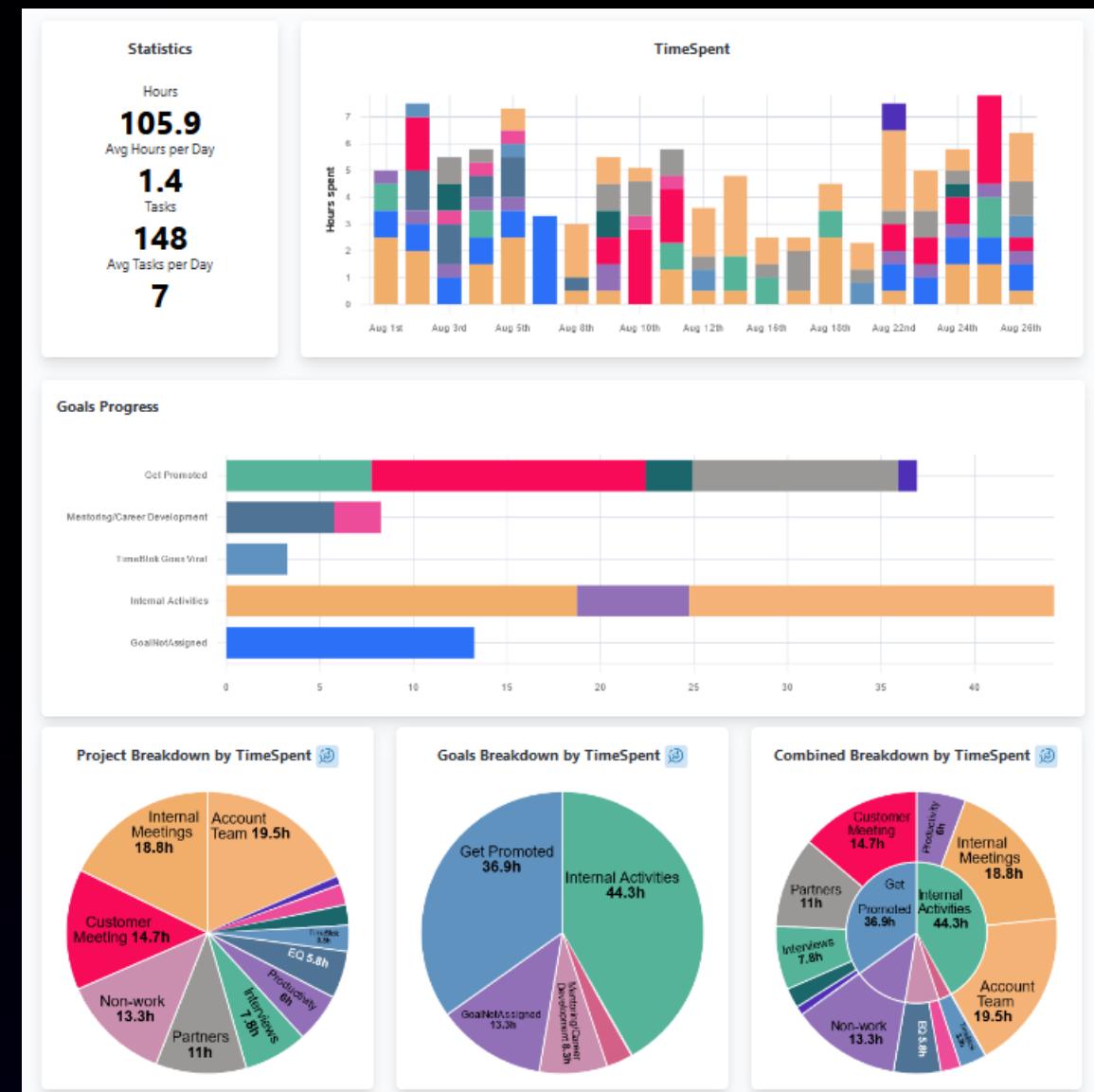
- Stay focused on the vision
- Prioritize - Avoid distractions
- Own your calendar



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) ≠ 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

Workshop

Boost productivity and avoid being overwhelmed

INO 102

Breakout session

Amazon's culture of innovation

INO 103

Breakout session

How to increase resilience and prevent burnout

INO 104

Breakout session

AI/ML at Amazon.com

INO 201

Chalk Talk

Rapid transition from idea to solution

INO 202

Workshop

Working backwards in action: Starting with your customers

INO 203

Breakout session

Emotional intelligence can supercharge innovation

INO 204

Breakout session

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

# Thank you!

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