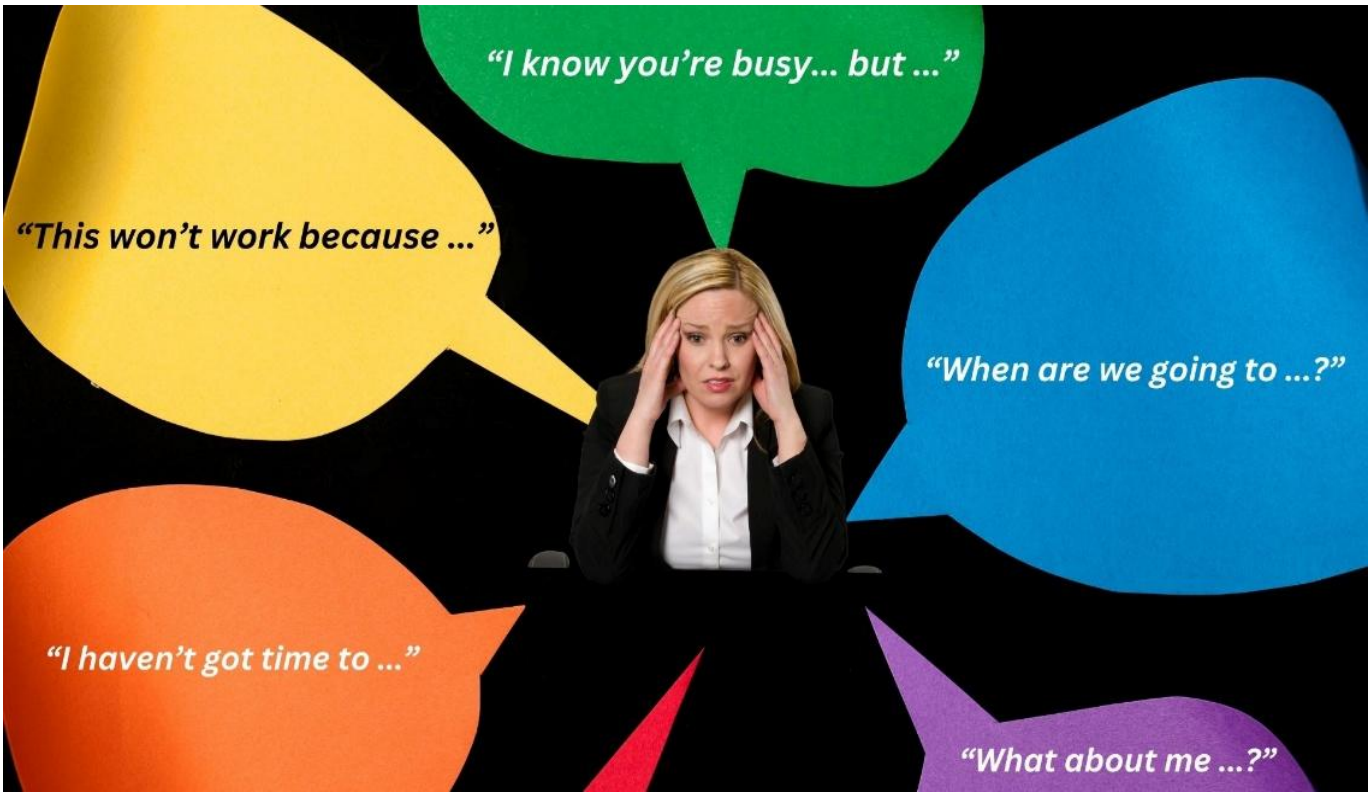
The Circle of Interruptions

How many time per day do ESS say these things to you?



When ESS approach you with these types of conversation starters, it can take up to 25 minutes* for you to not only **respond**, but to **remove** any negative feelings you have about the interruption and **refocus** on what you were doing before the interruption.

And then it happens again!

We call this The Circle of Interruptions and without support it will never end!

We fully acknowledge that a vital part of the Business Manager role is to be available to support ESS. But very rarely do **you** as a Business Managers get the support **you** need to support **your** ESS to be more productive and positive.

To create a culture of ESS who come to you with solutions, who are highly productive and who work together in harmony, you need Leadership Coaching.

To prove you have the time, and the School has the money to invest in Leadership Coaching, you need **the formula.**

**Source: Gloria Mark Phd 2023 Book – Attention Span*

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The Formula

Below is a VERY conservative estimate of the time a Business Manager spends per day in The Circle of Interruptions.

1 Interruption = 15 mins *(Below is based on 2 interruptions in the morning and 2 in the afternoon)*

30 mins in the morning and **30 mins** in the afternoon = **1 hour per day**
1 hour per day x 5 days per week = **5 hours per week**
5 hours per week x 9 weeks per Term = **45 hours per Term** or approx. **1 week per Term**

Now let's see the money the School is spending keeping you in The Circle of Interruptions
Based on a $100,000pa salary.

$100,000 / 52 weeks = **$1,923.07** per week x 4 Terms = **$7,692.28pa**

That is **a lot of time and money already being spent** on keeping you and your ESS in a space of lower productivity and heightened negativity…there is a cost to you: your job satisfaction, your sense of value…your mental health.

Imagine what you could do with that time and money instead!

This is the very thing that Leadership Coaching addresses. In 6 x 1-hour sessions, you will build a Leadership Toolbox and deepen your Leadership EQ (Emotional Intelligence)

What is your Calculation?
For 3 days note each interruption you have and then contact us for a **FREE 30-minute Leadership Coaching Conversation** to review your results and end the cycle of stress, increase your levels of job satisfaction, and go home happy every day.

Contact us now admin@justforschools.com.au

Testimonials

"I needed help! I have gone from feeling like I'm drowning and pushing back tears to feeling confident and in control of my day and team. I would be lost without my Coach!"
Nicole B Business Manager 18 months

"I cannot recommend Leadership Coaching enough! It is saving me time, it is saving the School money, and I look forward to every single session – best investment ever!"
Jane A Business Manager 20 + years

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