



DANIEL PINK

THE SCIENTIFIC SECRETS OF PERFECT TIMING: LESSONS FOR LEADERS

OCTOBER 7, 2021 | 1:00 P.M. – 4:30 P.M.

We all know that timing is everything. But we don't know much about timing itself. Our business, professional, and personal lives present a never-ending stream of "when" decisions: when to schedule a meeting, pitch a customer, start a new project, go to the gym, and/or take a break. Yet we make those decisions based on intuition and guesswork. Timing, it's often assumed, is an art.

In this provocative and entertaining program, *New York Times* bestselling author Daniel Pink will show that timing is really a science. Drawing on a rich trove of research from psychology, biology, and economics, Dan will reveal how the hidden pattern of the day shapes our performance and how to enlist the subtle forces of beginnings, midpoints, and endings to lead more effectively.

He will show how simple work rearrangements can improve your effectiveness; why breaks are more important than we realize and what the emerging science reveals about the kinds of breaks that are most restorative; how to turn a mediocre beginning into a fresh start; and how ultimately we can make time our ally, not our enemy.

This program distills cutting-edge research and data and then synthesizes it into a compelling session packed with irresistible stories and practical take-aways. Bursting with big ideas and enduring lessons, it will transform how you think about your past, your present, and your future.

This program will help leaders:

- Understand how their team's and their own brainpower changes over the course of the day.
- Reconfigure their schedules to maximize productivity and creativity.
- Use the effects of beginnings, midpoints, and endings to lead more effectively.

Competencies Addressed: Decision Quality, Drives Engagement, Drives Results, Optimizes Work Processes, Plans and Aligns

DANIEL PINK

Daniel Pink is the author of six books about business and behavior. His books include the *New York Times* bestsellers *When* and *A Whole New Mind* – as well as the #1 *New York Times* bestsellers *Drive* and *To Sell is Human*. Dan's books have won multiple awards and have been translated into 39 languages. He was also host and co-executive producer of "Crowd Control," a National Geographic Television series that aired in more than 100 countries. His TED Talk on the science of motivation is one of the ten most-watched TED Talks of all time, with more than 23 million views.



University of Dayton
**Center for
Leadership**