

# Devs Speak



**Tingi Ko**

Co-founder of Connected Women Hong Kong  
Co-founder Script + Sea



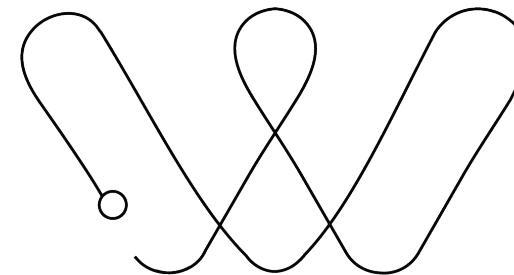
the  
**ENTERTAINER™**



Our goal is to inspire women to learn about technology, innovations, trends and opportunities in the industry.

We aim to help our community:

- Gain meaningful connections
- Gain insights on career development
- Give back to our community



CONNECTED WOMEN  
HONG KONG



Microsoft

Uber

Google

# What Happened in 2019

LinkedIn – Building Your Professional Brand on LinkedIn

Microsoft – TEA+I It's All About Balance: Diving into AI with Teawala's Tea Tasting

Facebook – A Holistic Approach to Personal Finance

UBER – Aromatherapy & Mental Wellness

- Online store selling hand-curated stickers
- Passion project
- Ideation to launch in 3 months
- Long term goal = retail



# How to Remain Focused while Working Remotely

## Create a routine

- Shower!
- Change your clothes
- Have a specific work area



# Create a schedule and stick to it

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Key			
06:00-07:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep		Family	Red		
07:00-08:00	Morning Play	Morning Play	Morning Play	Morning Play	Morning Play	Morning Play	Morning Play		Relationship	Brown		
08:00-09:00	Family Breakfast	Family Breakfast	Family Breakfast	Family Breakfast	Family Breakfast	Family Breakfast	Family Breakfast		Parenting	Yellow		
09:00-10:00	Script + Sea	Script + Sea	Script + Sea	Call Tia	Script + Sea	Call parents	Call Grandparents		Friends	Light Green		
10:00-11:00	Script + Sea	Script + Sea	Script + Sea		Script + Sea	Hike	Swim		Script + Sea	Yellow		
11:00-12:00	Script + Sea	Script + Sea	Script + Sea		Script + Sea	LinkedIn Learning	LinkedIn Learning		Personal Growth	Purple		
12:00-13:00	Yoga	Lunch & Play	Yoga	Lunch & Play	Yoga	Lunch & Play	Script + Sea		Fun/Leisure	Pink		
13:00-14:00							Script + Sea		Health	Blue		
14:00-15:00	Gong Bath	Yoga	Gong Bath	Yoga	Gong Bath	Afternoon Play	Kindermusik					
15:00-16:00	Swimming Lesson		Afternoon Play		Gong Bath							
16:00-17:00	Gong Bath	Afternoon Play										
17:00-18:00	Script + Sea			Script + Sea	Script + Sea	Script + Sea		Script + Sea				
18:00-19:00	Kenzie Bath & Milk	Kenzie Bath & Milk	Kenzie Bath & Milk	Kenzie Bath & Milk	Kenzie Bath & Milk	Kenzie Bath & Milk	Kenzie Bath & Milk					
19:00-20:00	Dinner	Dinner with Friends	Dinner	Dinner	Dinner with Friends	Date Night	Dinner					
20:00-21:00							Script + Sea					
21:00-22:00	Script + Sea	Script + Sea	Script + Sea	Script + Sea			Sleep					
22:00-23:00	Sleep	Sleep	Sleep	Sleep			Sleep					
23:00-24:00		Sleep	Sleep	Sleep			Sleep					

# How do you work?

- When are you most productive?
- Schedule calls and block the time
- Prepare
- Focus on strengths

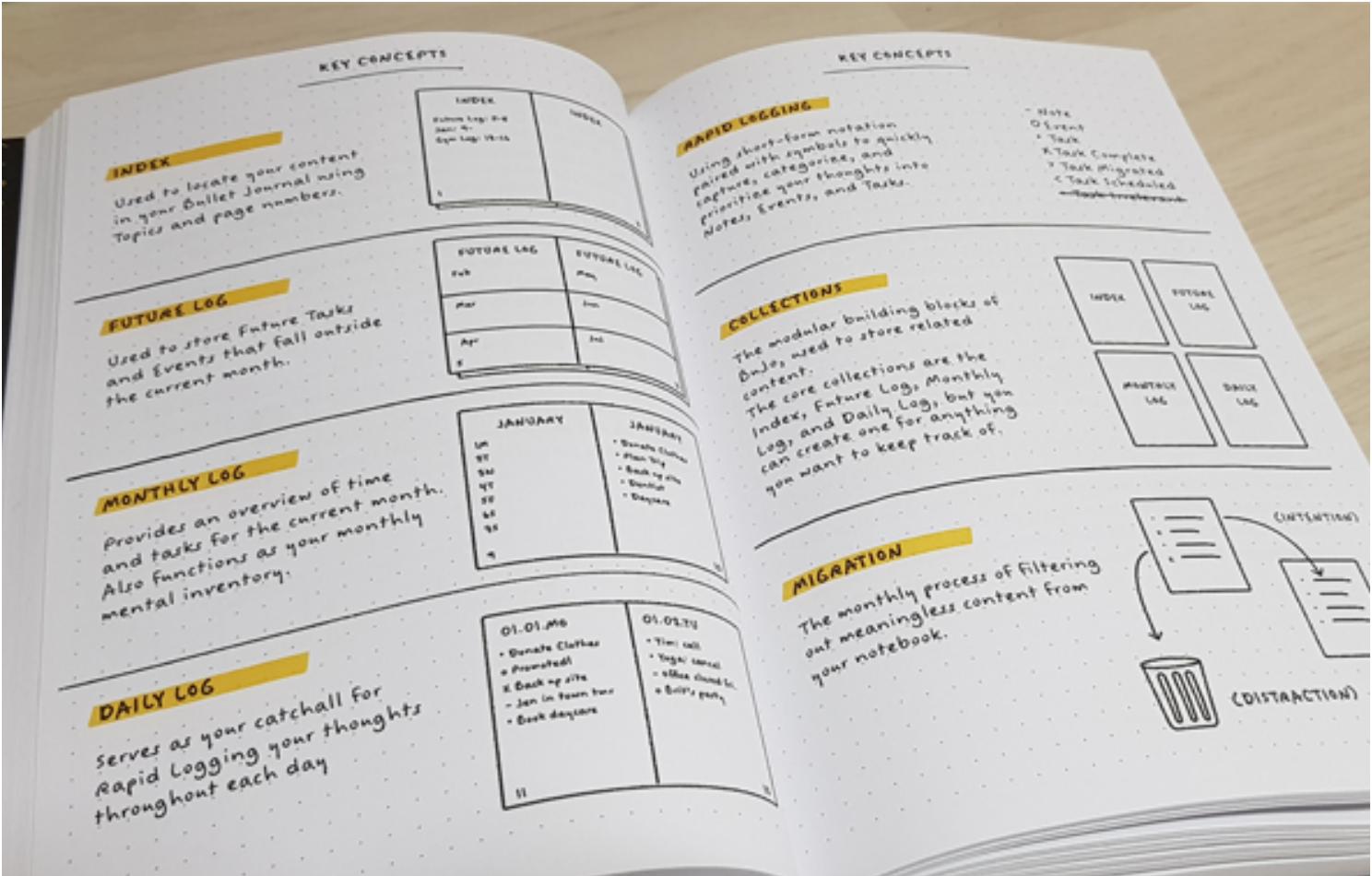


# Explore new ways to manage your time and productivity

“A mindfulness practice disguised as a productivity system.”

“How we spend our days is, of course, how we spend our lives.” Annie Dillard

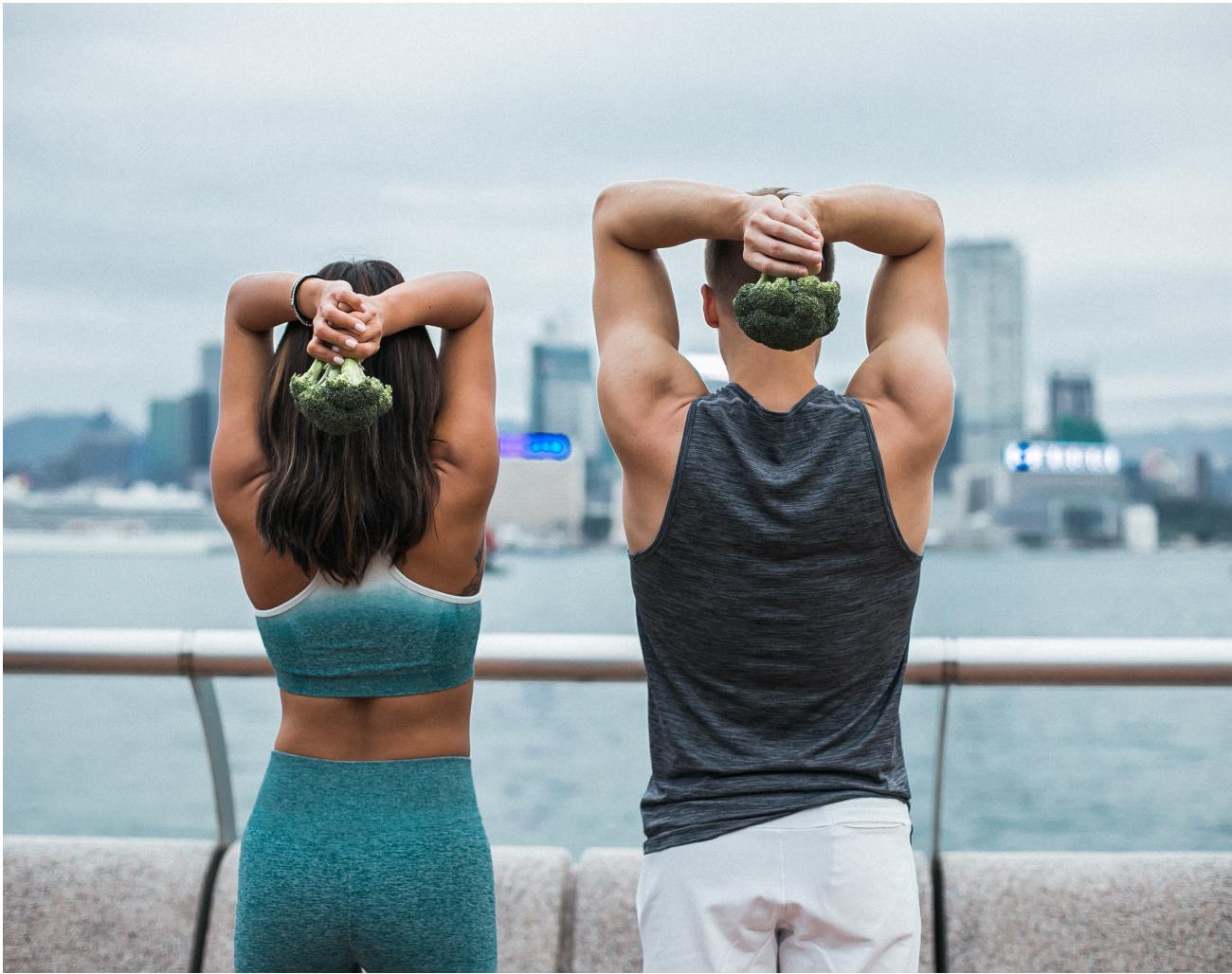
[bulletjournal.com](http://bulletjournal.com)



# Change of scenery



# MOVE!



It doesn't have to be  
perfect



Have compassion



# Summary

1. Create a routine
2. Make a schedule and stick to it
3. Figuring out what works best for you
4. Explore new ways to manage your productivity
5. Change up your working environment
6. Exercise
7. It doesn't always have to be perfect
8. Have compassion