

PRODUCTIVE DEVELOPER

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HAPPY DEVELOPER



Hi, my name is

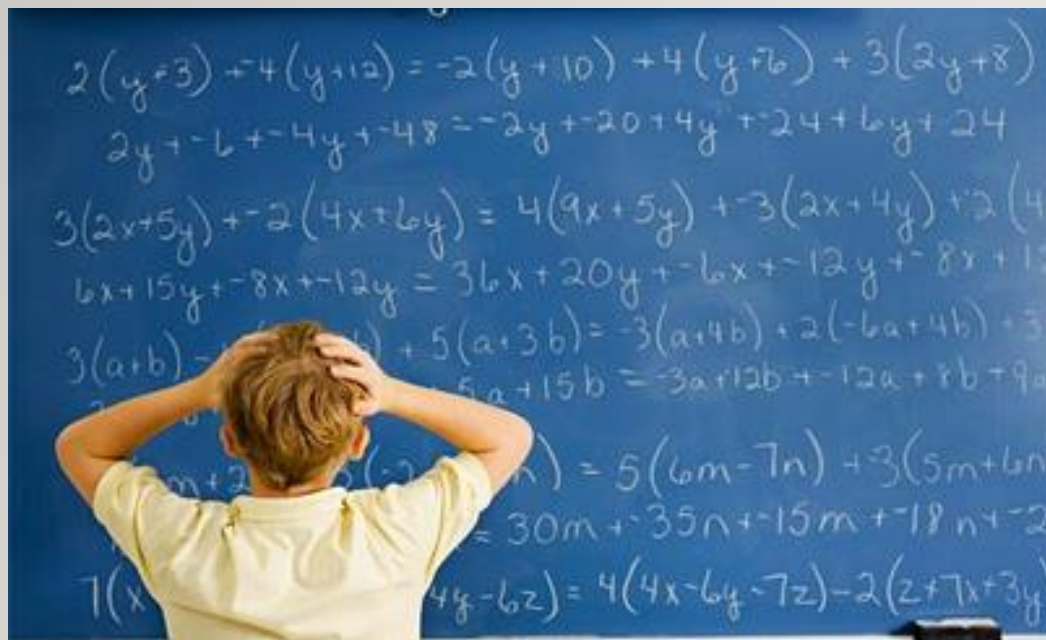
Brent

WHY DID YOU START
WRITING CODE?



CREATING





SOLVING PROBLEMS

LEARNING NEW SKILLS





THE ZEN OF CODING



REASONS WE DID NOT BECOME DEVELOPERS



MEETINGS





STRESS

OFFICE POLITICS





BUSY WORK



HAPPINESS



“Happiness lies in the joy
of achievement and the
thrill of creative effort.”

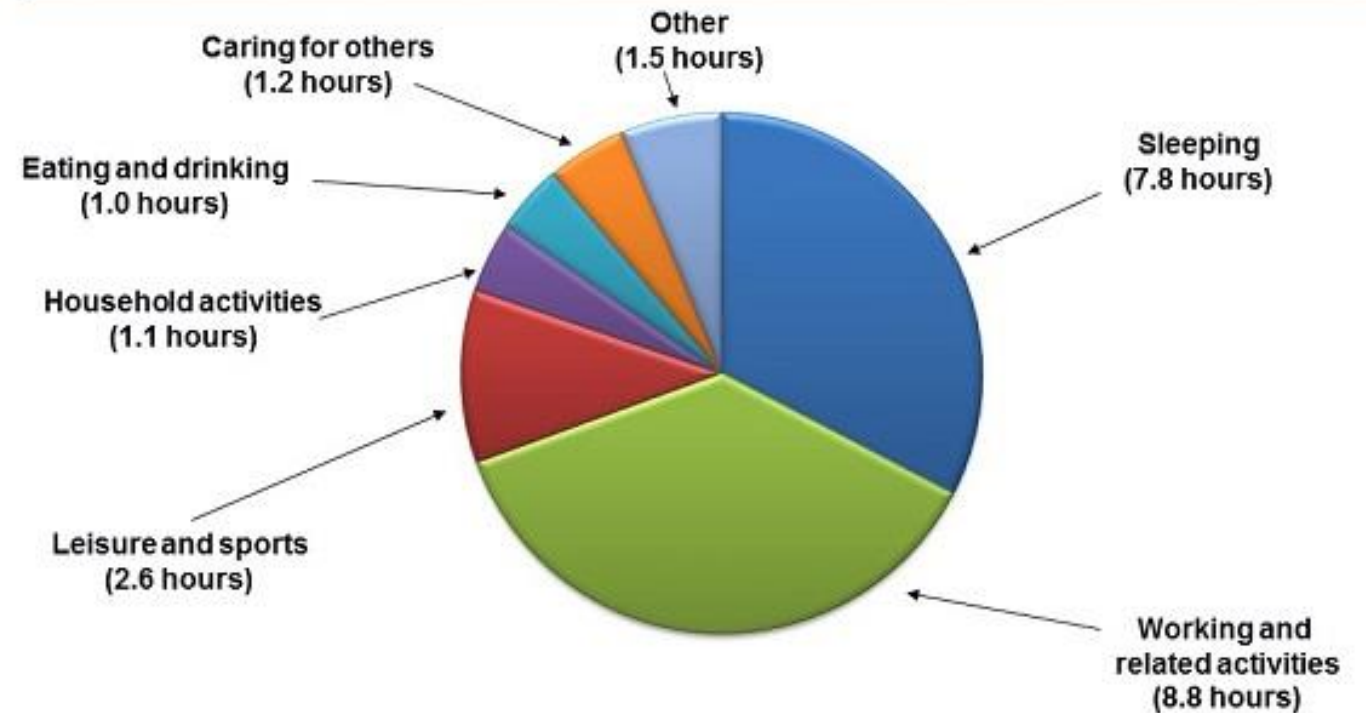
- Franklin D. Roosevelt



“Happiness is not a goal;
it is a by-product.”
-Eleanor Roosevelt

HOW MUCH TIME DO WE SPEND AT WORK?

Time use on an average work day for employed persons ages 25 to 54 with children



NOTE: Data include employed persons on days they worked, ages 25 to 54, who lived in households with children under 18. Data include non-holiday weekdays and are annual averages for 2015. Data include related travel for each activity.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

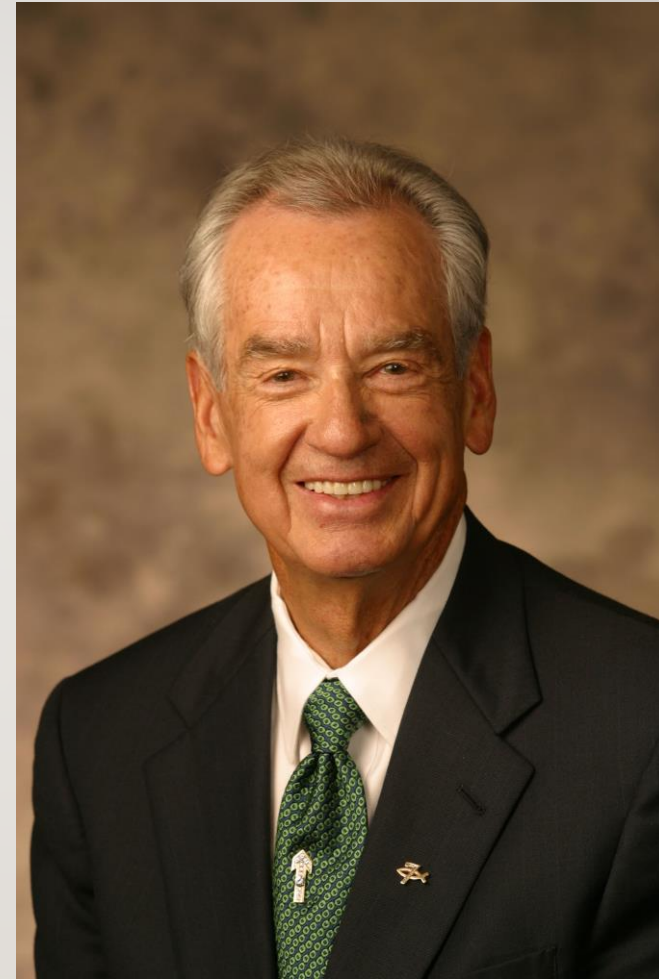
PRODUCTIVITY



“A productive employee who is
“Being productive gives people a
kept busy working at his or her
sense of satisfaction and
job is far more likely to be happy
fulfillment that loafing never can.”
at that job and less likely to look
for employment elsewhere.”

Zig Ziglar

- Zig Ziglar



EFFECTIVENESS —vs— EFFICIENCY

“Effectiveness is doing the right things. Efficiency is doing things right.”

- Scott Hanselman



MULTITASKING IS A MYTH

“Each time we move from hearing music to writing a text or talking to someone, there is a stop/start process that goes on in the brain. That start/stop/start process is rough on us: rather than saving time, it costs time (even very small micro seconds), it’s less efficient, we make more mistakes, and over time it can be energy sapping.”

Napier, N Ph.D. (2014, May 12) *The Myth of Multitasking*. Retrieved from <https://www.psychologytoday.com/blog/creativity-without-borders/201405/the-myth-multitasking>





WHAT CAN I
DO?

REFACTOR YOU

- Meditate
- Hydrate
- Make the bed
- Journal
- Light Exercise
- Take a cold shower

GET ORGANIZED



SCHEDULE CODING



QUIT CHECKING EMAIL



TURN OFF NOTIFICATIONS



STOP LOOKING AT (INSERT FAVORITE WEBSITE)



JUST SAY NO (TO MEETINGS)



HAVE THE RIGHT TOOLS

Gridmove

Linqpad

Trello

Chocolaty

OneNote

LinqPad

Visual
Studio

Notepad++

Fiddler

Postman

smtp4dev

IFTTT

KNOW YOUR TOOLS



TAKE CARE OF YOU



SETUP YOUR WORKSPACE



IF YOU ARE UNHAPPY AT WORK
EITHER CHANGE YOU JOB
OR CHANGE YOU JOB.



THANK YOU

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Slides are available on my github site

