

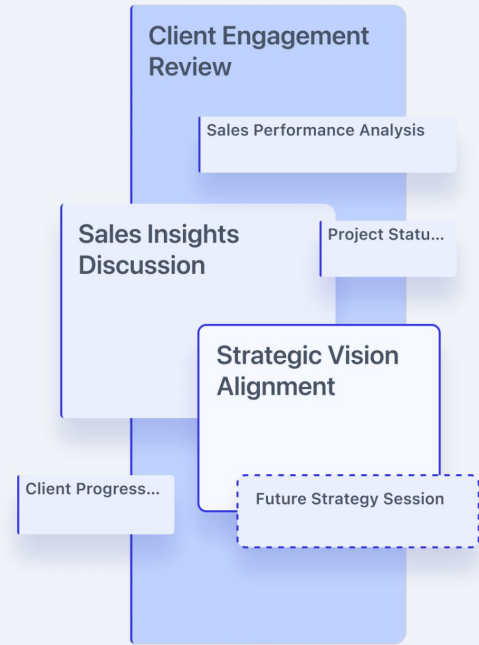


**David Lobo**

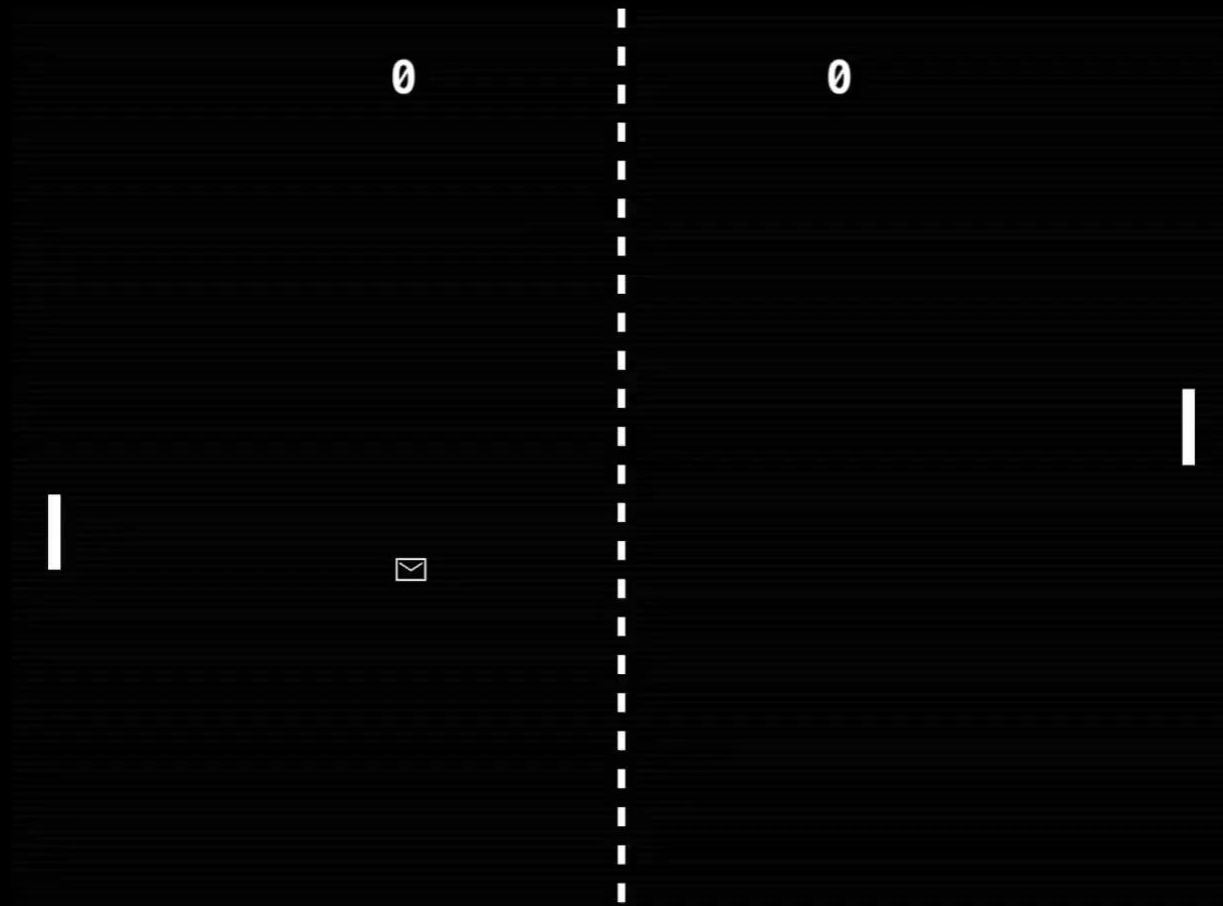
Founding Team

Stop scheduling.  
Hire a Workmate.

**“Let’s find time  
to connect.”**



# Life without Workmate







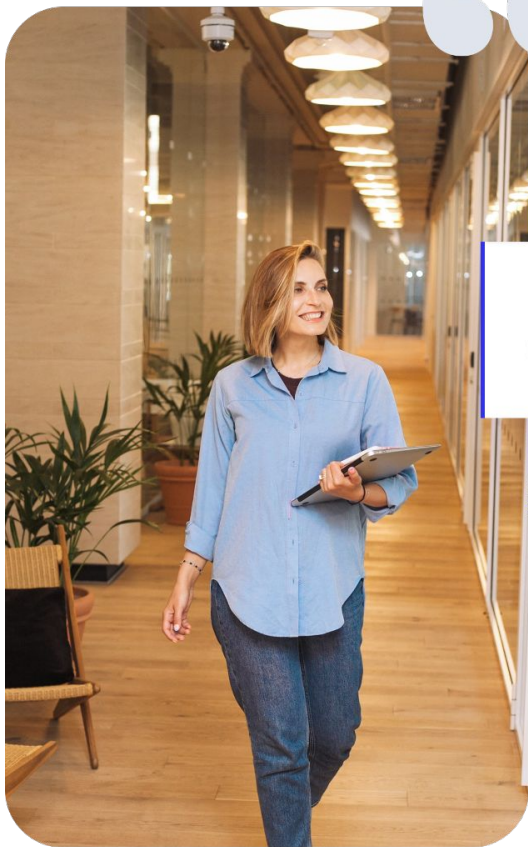


Make sure I have 30mins focus time before any 1-1 with my manager, Will (will@workmatelabs.com).

I want meetings to start on the top of the hour (e.g. 1:00pm) or on the half hour (e.g. 2:30pm).

Leave a break 30 minute break when there are 2 hrs of meetings back to back.

Prioritize customer / user meetings above all else. Protect them and feel free to move other items (esp. anything internal like 1:1s) if it can help accommodate meeting with a customer / user sooner.



With Workmate handling my calendar, I can **spend more time focused on my business** instead of whether or not I want to meet with my friend's sister three Thursdays from now.

Every scheduling email is an open loop in my brain. When I add in my Workmate I **get peace of mind** that things are handled.

I didn't realize how much **mental energy** I was spending on scheduling until I didn't have to do it anymore.

I used to be terrible at protecting my time and would constantly overbook myself. Workmate **helps me set and follow boundaries**, even when I'm tempted to say yes to everything.



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