

“5 Ways to Boost Team Productivity (Backed by Psychology)”



# 5 Ways to Boost Team Productivity (Backed by Psychology)

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• “SACHIN C. | CANVA DESIGNER”

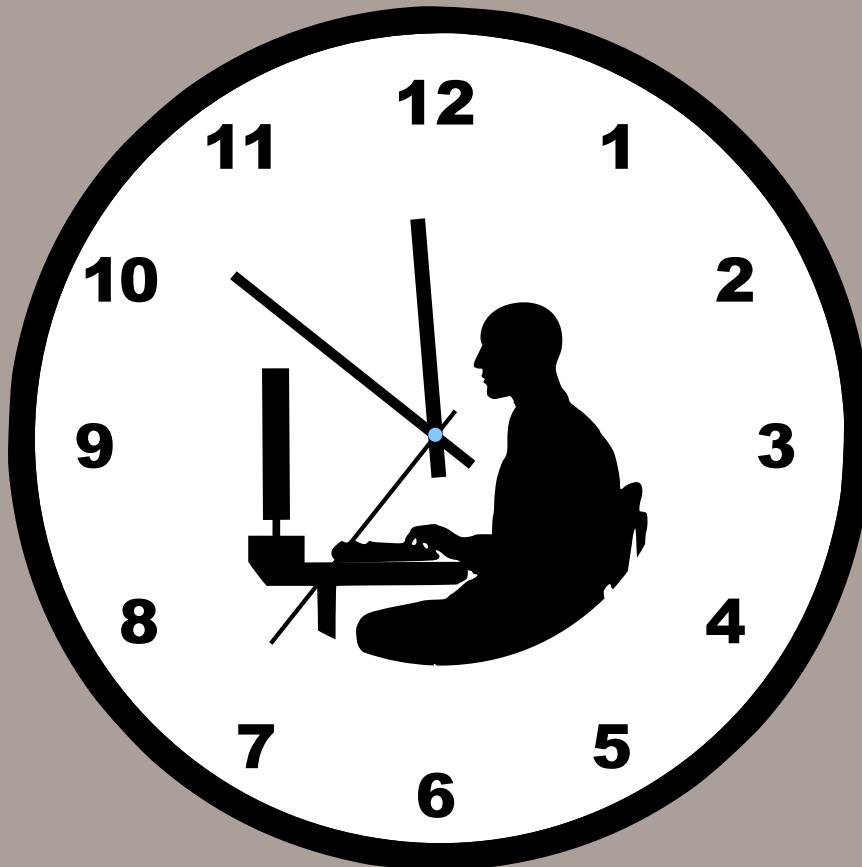
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# *Why Productivity* matters

“A productive team saves time, reduces stress, and delivers better outcomes.”

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## *Use time block*

“Teams that plan in blocks avoid task-switching fatigue.”

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*Encourage  
Deep Work*

“Limit distractions to improve cognitive performance.”

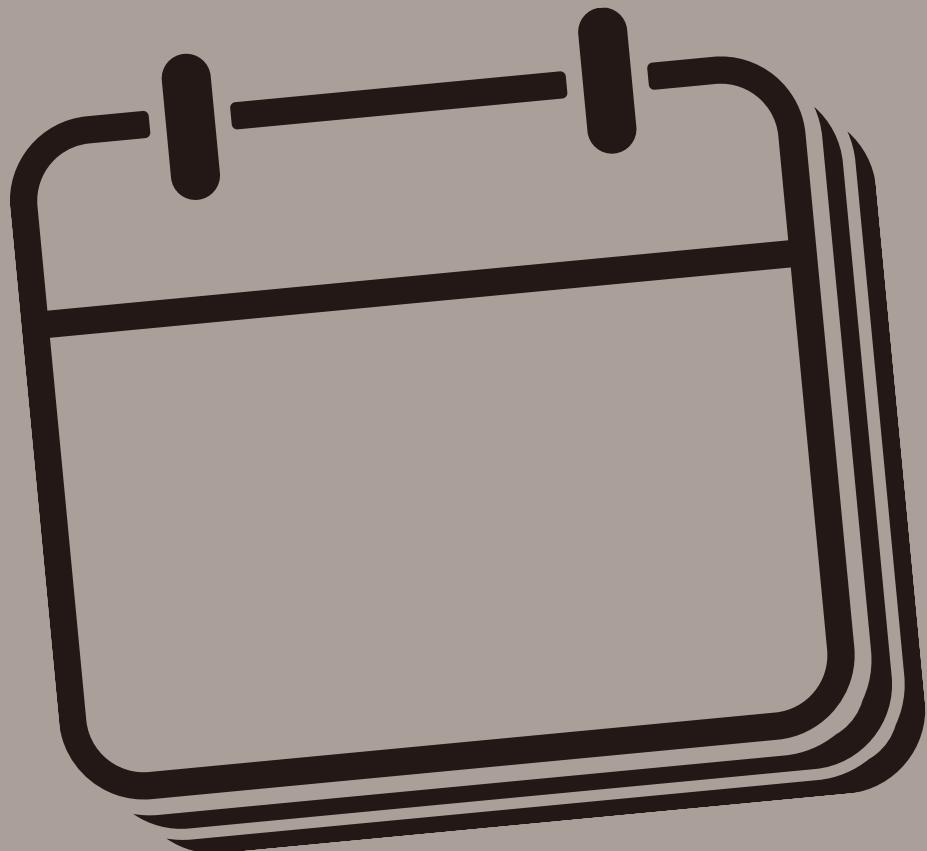
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## *Recognize Small Wins*

Psychological boost = higher team morale.

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## *Weekly Check-ins*

“Quick syncs prevent blockers”

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## *Break Tasks*

“Divide goals to reduce overwhelm”

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