

# HUSTLE & PLAY

A PLAYFUL WAY TO MANAGE TIME

[www.hustleandplay.com](http://www.hustleandplay.com)

# OVERVIEW

HUSTLE  
& PLAY

## A TOOL & COACHING-BASED METHOD TO OPTIMIZE TIME & INCREASE WELL-BEING

Our framework teaches users how to maintain balance in their life by listening to their intrinsic needs in a variety of ways. Unlike other planners on the market, our guidebook incorporates all aspects of life into our time management practices, helping make everyday choices seamlessly aligned with goals and values.

Through a continuous cycle of improvement, users regularly engage with strengths-based reflection, time-batching with playful visualization, data-driven habit tracking, and daily gratitude to measure progress over time.



# BEHAVIOR CHANGE IS HARD, AND EVIDENCE-BASED STRATEGIES HELP

We assert that playful exploration into our lives leads to big outcomes. We also know that individuals need support cultivating skills of playfulness in everyday life. Hustle & Play teaches users how to explore how enriching and efficient this can be, while seeing progress in all areas of life simultaneously.

Hustle & Play users report experiencing:

- Exponentially improved work/life balance
- Lower levels of stress, anxiety & burnout
- Increased feelings of creativity, happiness, and hope
- New knowledge of how goals work in relationship with everyday choices
- Greater understanding of personal & professional strengths
- Improved physical & mental health
- New skills to cultivate positive daily habits
- Increased gratitude for life
- A sense of grounding from within, despite ever-changing external factors
- Increased participation in community and altruistic activities

OUR PROGRAMS ARE BASED ON WORKSHOPS, PEER LEARNING GROUPS, & INDIVIDUAL COACHING SESSIONS WITH ACCOUNTABILITY BUILT IN

HUSTLE  
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Potential customizable offerings:

1. A workbook customized for your organization
2. An introduction workshop for an all staff gathering or retreat
3. A series of workshops on work/life balance & play
4. Opt-in peer learning group work and/or 1-on-1 coaching
5. 1-1 Leadership coaching



I get insights into my own resilience or baseline emotionality, deepened understanding of how men and women view and experience the world differently, and how I build community with new people.

- Conrad Moore, Group Member



# LED BY A HIGHLY QUALIFIED COACH WITH 15+ YEARS EXPERIENCE

All offerings are led by the Founder of Hustle & Play, Morgan Shidler. With an M.A. in Organization & Leadership and 15 years of facilitation experience; her expertise in growth mindset, quality improvement, and equity-based teaching uniquely suits her for all audiences.

She has a powerful way of connecting to individual needs without prescriptive advice, ensuring folks arrive at their own answers and create sustainable results. [See her TedX talk from 2023 here.](#)

CONTACT: [hustleandplaybook@gmail.com](mailto:hustleandplaybook@gmail.com)

