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- **Tuesday is the most productive day of the week:** Thirty-nine percent of human resources (HR managers interviewed rank Tuesdays as the most productive day of the week. Thursday and Friday tied for the least productive days, with each receiving just 3% of the responses. (UConn Health)
- **You've got mail:** Workers spend more than 25% of their day in reading and answering emails. On average, professionals check their email 15 times per day, or every 37 minutes. If they check emails at set points in the day, it will increase their productivity. (Harvard Business Review)

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Garfinkle Executive Coaching 6918 Thornhill Drive oakland, CA 94611 USA
Tel: 510-333-6369 • Email: joel@garfinkleexecutivecoaching.com



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