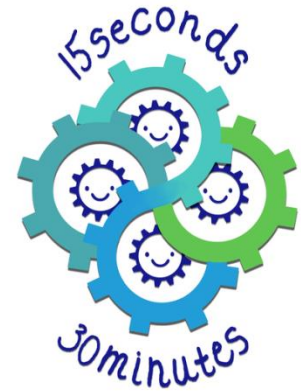


# 15 seconds 30 minutes: @15s30m

A social movement to reduce frustration and increase joy



1. It encourages any staff member to spend an extra 15 seconds on a task now



2. Which will save someone else 30 minutes later on



3. To reduce frustration and increase joy at work



Want to find out more? Ready to launch your first #15s30mMission?  
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Email [info@15s30m.co.uk](mailto:info@15s30m.co.uk)  
Website [www.15s30m.co.uk](http://www.15s30m.co.uk) launching soon.

Dan Wadsworth  
Rachel Pilling