- **25 years** working in a variety of governance, risk and compliance roles, including Corporate Auditor, Risk Consultant, P3M Risk Management, etc.
- Supporting clients from ERM framework design and implementation through to Tier 2 Project Risk Management.
- **Various industries** including infrastructure, defence, civil nuclear and the more obscure, such as Arctic Exploration.
- Experienced modeller having been trained in and being a trainer of most of the leading software applications.
- Managing Partner at optimise and curator of the optimise Academy and optimise Institute.
- **Wannabe author** having recently co-authored the QRA chapter of the soon to be published 3rd edition of the APM PRAM Guide, and still trying to buy-the-time to write my book.





Managing Partner

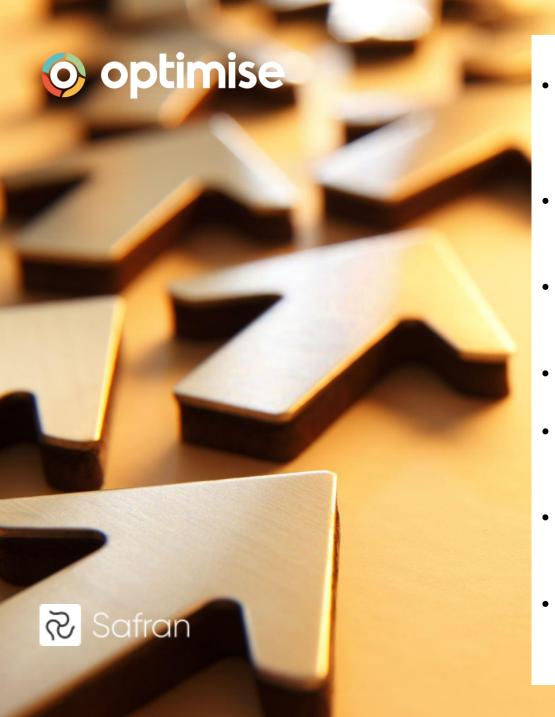




"Time is what we want most, but what we use worst." — William Penn, Fruits of Solitude

"The bad news is time flies. The good news is you're the pilot." — Michael Altshuler





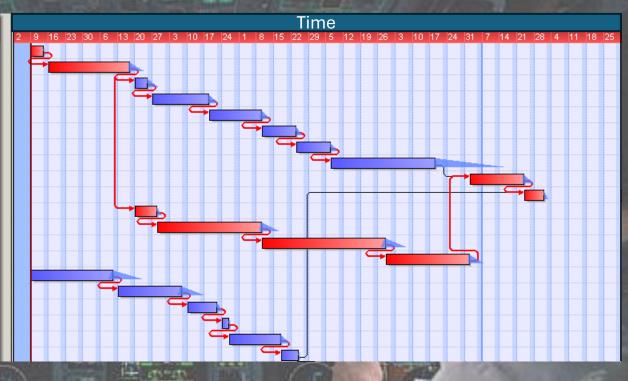
- **Prioritize:** Identify your most important tasks and allocate time accordingly. Focus on what truly matters. Prioritise tasks based on urgency and impact.
- **Set Boundaries**: Guard time against unplanned or unnecessary commitments.
- **Time Blocking**: Allocate specific blocks of time for different activities. This helps maintain focus.
- Limit Distractions: Create a distraction-free environment.
- **Reflect**: Regularly assess how you spend your time. Are your activities aligned with your goals?
- **Delegate**: Delegate tasks that others can handle, freeing up your time for higher-value activities.
- **Evaluate Trade-Offs**: When faced with choices, consider the trade-offs. Assess the costs and benefits of options / decisions.





o optimise

					10.75	
	ID	Description	Remaining Duration	Start	Finish	Remaining Cost
	001	Task 001	5	09/07/12	13/07/12	£3,188
	002	Task 002	25	16/07/12	17/08/12	£64,388
	007	Task 007	5	20/08/12	24/08/12	£938
	004	Task 004	17	27/08/12	18/09/12	£1,275
	005	Task 005	15	19/09/12	09/10/12	£2,682
	006	Task 006	10	10/10/12	23/10/12	£50,085
	010	Task 010	10	24/10/12	06/11/12	£1,500
	012	Task 012	30	07/11/12	18/12/12	£3,375
	011	Task 011	16	02/01/13	23/01/13	£98,177
	009	Task 009	6	24/01/13	31/01/13	£165
П	008	Task 008	7	20/08/12	28/08/12	£26,483
П	003	Task 003	30	29/08/12	09/10/12	£121,269
П	013	Task 013	36	10/10/12	28/11/12	£181,350
	014	Task 014	24	29/11/12	01/01/13	£73,673
	016	Task 016	25	09/07/12	10/08/12	£108,650
	017	Task 017	20	13/08/12	07/09/12	£11,920
	018	Task 018	10	10/09/12	21/09/12	£82,589
	015	Task 015	3	24/09/12	26/09/12	£61,737
	019	Task 019	15	27/09/12	17/10/12	£5,896
	020	Task 020	5	18/10/12	24/10/12	£100,661



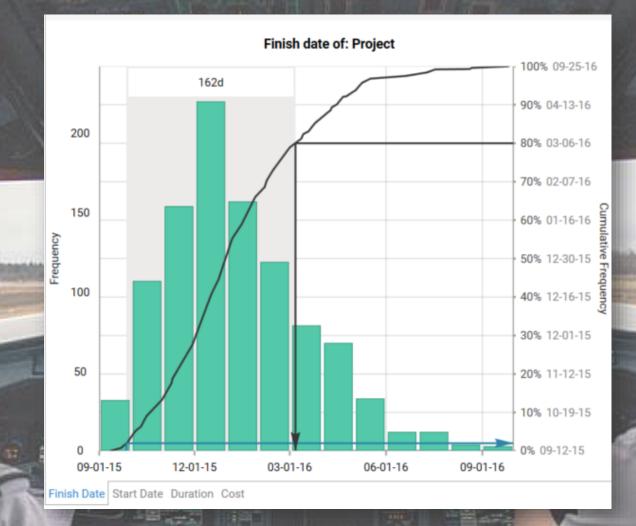




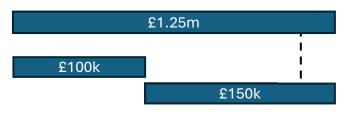




















Cost (Budget)



- Prioritize
- Set Boundaries
- Time Blocking
- Limit Distractions
- Reflect
- Delegate
- Evaluate Trade-Offs

Time (Schedule)





Quality (Standard)







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