

FREEDOM FOR TEAMS



Freedom is the leading anti-distraction and digital wellness tool used to improve company productivity by giving employees control over their digital distractions. Freedom blocks distracting websites and apps across desktop and mobile devices and allows users to create customizable blocklists and recurring schedules that fit their personal needs. Unlike traditional network web filters and firewalls that impose parental-like restrictions, Freedom empowers your team to get control over pervasive digital distractions and addicting tech so that they can remain productive, focused, and engaged with their work.

THE PROBLEM OF DISTRACTIONS IN THE WORKPLACE

In our world of social media, games, news, shopping, videos, and mobile apps, distraction is the norm. These distractions can be devastating to your team's productivity and to your business results.

It's not you or your team's fault - the deck is stacked against you! When you consider that the intellectual and capital resources deployed to build attention-capturing devices and content are the greatest the world has ever seen, it's not a fair battle.

We dug into the numbers and research and were astounded by what we found:

 64%	Salary.com survey found that 64% of employees visit non-work related websites everyday during work hours ¹
 35%	35% admit to spending an hour or more per day on personal sites during work
 23 MINUTES	Once distracted, it takes an average of 23 minutes to get back on track ²
 \$10,375	Businesses spend more than \$10,375 per worker per year on distractions ⁴
 40%	Multitasking decreases worker performance by 40%, the equivalent of 3 hours per worker per day, and studies show it may decrease IQ by 10 points!
 27 TIMES	Millennials are most affected by digital distractions and shift their attention between different media platforms an average of 27 times per hour! They are the fastest growing segment of the workforce. ⁵⁶

HELP YOUR TEAM FOCUS WITH FREEDOM

Don't let your team members fight the battle for their attention alone! Arm them with the tools they need to fight back against digital distraction. Freedom is the number one tool for fighting digital distraction with 87% of users reporting feeling happier, healthier, and more productive⁷.

IMPORTANTLY



100% USER CONTROLLED

Freedom is a tool for empowerment: no mandates, no forced sessions, no shackles. Given control over their distractions, team members respond positively compared to solutions that are imposed and centrally managed.



PERSONALIZED

Each team member can create customizable blocklists of distracting websites and apps that sync across all of their devices. Users schedule block sessions or create recurring schedules to help make focused work a habit.



ACCOUNTABLE

Users can track hours saved from distractions each week and annotate sessions with accomplishments and milestones.

FREEDOM IS USED BY EMPLOYEES AT



Google



Microsoft



Massachusetts
Institute of
Technology



HARVARD
UNIVERSITY

Stanford
University

Carnegie
Mellon
University

Freedom users report gaining on average 2.5 hours – every day! Freedom is making an impact in organizations large and small across the world. Entrepreneurs, executives, copywriters, software developers, journalists, researchers, lawyers, consultants, and more use Freedom to be more productive and get the job done.

WHAT TO DO NEXT

Go to www.freedom.to/freedom-for-companies and fill out the form with your contact information and any comments or questions that you might have. We'll reach out to you within 1 business day.

GET FREEDOM FOR YOUR TEAM!

1. <https://www.salary.com/articles/why-how-your-employees-are-wasting-time-at-work/>
2. <https://www.fastcompany.com/944128/worker-interrupted-cost-task-switching>
3. Adjusted for inflation
4. <http://bits.blogs.nytimes.com/2007/12/20/isinformationoverloada650billiondragontheconomy/>
5. <http://www.bryan.edu/multitasking-at-work/>
6. <https://priceconomics.com/which-generation-is-most-distracted-by-their/>
7. Internal survey of 1,138 Freedom users