



Press Kit

Vikki Louise

CEO & Founder of Time Hackers Ltd

Professional Long Bio

Vikki's the CEO & Founder of Time Hackers, and the creator of the Time Hackers Method, helping busy overachievers & forward-thinking organizations optimize their time. She hosts the top 1% Hack Your Time Podcast, downloaded over 700,000 times, helping listeners create time freedom and more success. After graduating from LSE, she spent years climbing the corporate ladder in finance & tech, working 80 hour weeks, and then brought the same hustle culture to entrepreneurship, doing all the things and quickly burning out. Now a "reformed hustler", Vikki specializes in helping successful do-it-all-ers unlearn time rules and drop outdated Time Management to-do's so they can achieve more in less time. Vikki has built a community of global Time Hackers, and now certifies coaches in her unique Time Hacker Method. At Time Hackers, she partners with impact-led organizations that want to support their teams to best use their time to achieve faster success without busyness or burnout.

Professional Short Bio

Vikki, CEO & Founder of Time Hackers, is a Certified Professional Coach, host of the top 1% Hack Your Time Podcast, downloaded over 700,000 times, and creator of the Time Hackers Program. Vikki specializes in helping busy overachievers unlearn time rules and drop their time management to-do's so they can get more done in less time.





About Vikki

Most Loved Conversations

Here are a few of my favorite interview topics:

- Time & Productivity Hacking: How to Achieve More in Less Time Without Overworking
- Why Time Management doesn't work (incl Time Blocking, 5am club, Planners)
- Time & Wellness: Pressure, Anxiety & Burnout
- Setting intentional Time Cultures at work & the Case for Time Equity
- Time & Women, Working Parents & Neurodiversity
- Failure, How to Fail, our Relationship to Failure
- Unlearning the Time Rules to Accelerate
- The Case Against the 40 Hour Work Week

Time Hackers Links

 [Stop Wasting Time Guide](#)

 [Hack Your Time Podcast](#)

 [Time Hackers](#)

 [Facebook](#)

 [Instagram](#)

 [LinkedIn](#)

Time Zone - UK

Logos & Photos

 Click here for approved [Logos](#) and [Photos of Vikki](#)





Media

Vikki has been featured in over 50 articles and been a guest in over 150 podcasts. She hosts her own podcast, **Hack Your Time**, that has over 700 000 downloads and over 250 episodes.

Some Articles

WTTJ:

<https://www.welcometothejungle.com/en/articles/are-time-management-practices-a-waste-of-time>

Disrupt Magazine:

<https://disruptmagazine.com/4-simple-steps-to-quit-wasting-time-and-be-more-productive/>

Grit Daily:

<https://gritdaily.com/press-release/pioneer-of-the-15-hour-work-week-vikki-louise-announces-her-signature-program-time-hackers-for-corporate-companies-and-organizations/>

Top 1% Global Podcast

Hack Your Time

 [Spotify](#)

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 [Amazon](#)

