

**FOR IMMEDIATE RELEASE**

**Discover how a \$5 iPhone app is helping to combat the \$37bn cost of unproductive meetings every year<sup>i</sup>**

***MeeTime iOS app helps corporate employees get out of meeting hell***

**Staffordshire, UK – Jul 16, 2017** – Employees are wasting up to 2 years of their lives<sup>ii</sup> sitting in useless meetings and no wonder as three-quarters of people have never received any formal training on how to conduct a meeting<sup>iii</sup>. MeeTime was conceived as a simple way to help people run meetings more effectively. It is founded on the premise that you cannot control time, only decide what you want to do within it. It starts automatically and helps keep your meetings on track. MeeTime is already being used by employees in big organisations including **Goldman Sachs, Rolls Royce, Nielsen, Hewlett Packard, DXC and Molson Coors**, among others.

The advice to ‘start on time, stay on time, stick to the agenda and end on time’ is always in the top 5 ways to make meetings better<sup>iv</sup>, but as Yogi Berra says, “in theory, there is no difference between theory and practice. In practice, there is.” And staying on time is easier said than done. Especially if you are the one running the meeting, trying to keep time and taking notes. When things inevitably go awry, it can be an impossible mental arithmetic task to work out how to get back on track.

Gavin Jones, Founder and Managing Director said, “It is interesting to see people when they are in an internal corporate meeting. Everyone hates them, yet most are just resigned to the fact that they *have* to be there. It seems like no one is linking the fact that if they take control and leave this meeting early, they can get home to their kids, go to the gym, work on their side hustle or, in fact, anything that they complain

they do not have time for.” Jones used the time he saved in meetings to create MeeTime as a side hustle from his corporate job and wanted to help people remove their excuses to do the same.

MeeTime will start when the meeting is supposed to start. If you are behind, guess what? You're behind. However, MeeTime will help keep you on track with beautiful visuals showing how much time is left and who is on point for each section of the meeting. Plus, it is easier than ever to finish a meeting on time with MeeTime. Should things not go to plan, the “Auto time remaining” setting automatically apportions over/under-runs across the remainder of the agenda.

*“This is a great, great idea and it has massive potential. I truly believe that this has got great potential to help a large number of people!” ~ Chris Bateman, Global Senior Manager, World Class Supply Chain, Molson Coors Europe.*

*“I think the visual aesthetics alone make it far easier to keep pace during a meeting instead of watching a clock. Great start for a new app!” ~ Carlye King, Project Manager, Revenue Management & Optimization, Nielsen.*

*“This is an awesome idea! I love this,” said Richmond Nash, Productivity Coach. “It is indispensable to have an app that breaks down the agenda of a meeting by each point and the time frame for each! I’m in a lot of meetings and this is going to be a go to app!!”*

*“Does exactly what it says on the tin. The interface during the meeting itself is easy to understand and has all the info that you need. I liked the congratulations summary, I could see how much time I’d saved for myself and others and it’s allowed me to talk of the benefits of meeting with me – we always achieve our*

*objectives within the time allocated!” ~ Paul Rowe, Commercial Enterprise PMO Business Partner, Molson Coors International.*

MeeTime launches on 26<sup>th</sup> July 2017 in USA, Canada, UK, Ireland, South Africa, Australia and New Zealand.

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### **About MeeTime Ltd.**

MeeTime Ltd. was founded in Feb 2016 by Gavin Jones. MeeTime was started to help people make better use of their time and started with a simple question, “what would you do with an extra hour per day?” The launch of MeeTime Ltd’s first app is to help corporate workers run meetings that stay on time and get people out of meeting hell.

Jones conceived of the idea whilst he had a job setting up a new integrated business planning process for senior executives and realising that it is hard for even the top level of management to run meetings effectively. He wanted the app for himself at the time and found that there was nothing on the market that does exactly what is needed, so he decided to create one for himself.

As Jones was in a full-time job he used tips from the 4-hour work week, Think and Grow Rich and The Miracle Morning, to free up time to outsource design and development to different time zones to allow him to project manage the business before and after his day-job.

Whilst MeeTime has been in development Jones lost his grandma and father, after a long battle with cancer, and his wife is due with their first child in August. All of which could have been excuses not to carry on but he wanted to start-up his own business to be a role model for his kids. “ I wanted to show them, not just tell them, that having multiple streams of income is not only smart but necessary as the economy and business world changes around us,” Jones said.

### **Photos available:**

<http://www.meetimeapps.com/press/press-pack-pictures>

### **Please email for promotional codes**

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<sup>i</sup> <https://digitalsynopsis.com/tools/meetings-are-a-waste-of-time/>  
<https://www.atlassian.com/time-wasting-at-work-infographic>

<sup>ii</sup> <http://realbusiness.co.uk/hr-and-management/2016/04/28/need-proof-that-meetings-are-a-waste-of-time-here-it-is/>  
<http://www.managementtoday.co.uk/uk-workers-waste-year-lives-useless-meetings/article/1175002>

<sup>iii</sup> <http://ideas.ted.com/the-economic-impact-of-bad-meetings/>

<sup>iv</sup> [http://www.huffingtonpost.com/gretchen-rubin/14-tips-for-a-productive-meeting\\_b\\_808267.html](http://www.huffingtonpost.com/gretchen-rubin/14-tips-for-a-productive-meeting_b_808267.html)  
<https://www.forbes.com/sites/forbesleadershipforum/2014/02/05/seven-steps-to-running-the-most-effective-meeting-possible/#367979bc7a61>  
<http://www.bain.com/about/press/press-releases/Busy-ceos-spend-nearly-one-day-each-week-managing-communications.aspx>  
<http://blog.meeteor.com/blog/5-meeting-practices/>