



FOR ANYONE WHO FINDS STARTING HARD

Focus is easier with company.

Task Party brings body doubling to small live video rooms, with a host and a shared timer. Say what you want to get done, then work quietly alongside others.



What is body doubling?

Working on your own tasks alongside other people, in person or on video. Quiet company can make it easier to get started and stay focused. Many people with ADHD discover this for themselves.

An academic study of body doubling included 193 neurodivergent adults, who described using it to get started, stay motivated and finish tasks.*

How a session works

01

Book a live session.

Sessions run throughout the day, in every time zone. Choose spoken check-ins or chat only, with no microphone needed.

02

Share your plan.

Say what you've come to do, or write it in the chat. Set your tasks for the hour, then follow the shared timer through focus blocks and breaks.

03

Celebrate together.

Tick off what you've done and recognise each other's progress. Anything unfinished stays on your list for next time.

Why it can help

- **An easier start.** Tell the room what you are working on, out loud or in the chat. That small check-in can help you get going.
- **Your choice.** Keep your mic off and use the chat if you prefer. Sessions run all day, in every time zone.
- **Support to keep going.** Quiet company, a shared timer and built-in breaks give your hour a clear structure.
- **Safety built in.** Sessions are never recorded. A person approves every host. You can report or block other members.

178 members in the first four weeks

70% return for a second session

41 approved hosts

Free for everyone until 1 January 2027.

Nothing to pay and nothing to set up. Join at taskparty.co and book your first session today.



taskparty.co

* Eagle, T. et al. (2024). "It Was Something I Naturally Found Worked and Heard About Later": An Investigation of Body Doubling with Neurodivergent Participants. ACM Transactions on Accessible Computing. Task Party figures are from the 2026 beta. For adults aged 18 and over. One real account per person. Task Party is not a healthcare service and does not replace professional care.