

The 9 Silent **Productivity** Killers

And how to beat them

A Power Lunch Presentation

The problem ... You want to get a lot of stuff done but you know you're not being as productive as you should be. Some days you promise yourself you're going to kick butt and knock off a bunch of things, but when 5:00 rolls around you look back on the day and realize you haven't gotten much accomplished at all. You know you worked all day so how can that be?

There are certain productivity killers that are constantly in your everyday life, and you may not realize what they are or how big of an impact they're having on your work. Increasingly, you're bombarded by more and more information and distractions and if you're not careful, you can get caught up in being busy without really moving forward.

The solution ... Spend one hour discovering the 9 silent productivity killers you face every day and how you can easily fight them off so you can get more important stuff done in less time and with a lot less stress.

Here's what you'll learn ...

- 🌀 The 9 productivity killers that are deadly to your productivity
- 🌀 Understand procrastination so you can finally beat it
- 🌀 Overcome the overwhelm that paralyzes you
- 🌀 Cut down on interruptions and distractions that kill your momentum
- 🌀 How your energy and emotions can make or break your day
- 🌀 Get control over email
- 🌀 Perfection vs good enough
- 🌀 The surprising strategy that will help you get more done

This presentation is packed with practical tips and plenty of interactive opportunities.

For more information or to book this
Power Lunch, please contact:

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