Interruptions, lack of focus and procrastination cost the US economy an estimated at $588 billion a year!

How much of that is your money?

If your company has eight employees wasting an hour of every day because of focus or disorganization issues, that’s the equivalent of another staff person!

Every company and organization can benefit from learning how to get more done, in less time, with less stress. In today’s economy, it’s more important than ever that our teams have the tools they need to succeed.

This lively, interactive presentation provides strategies and solutions to boost productivity and efficiency. You’ll walk away with tips you can use the same day as the training. Participants report sleeping better at night after attending this session! Learn how to:

- Improve focus and avoid the common productivity trap of multitasking
- Make better time choices to find your productivity sweet spots
- Utilize valuable strategies to manage email and electronic overload
- Limit distractions and interruptions in order to be more productive and focused
- Organize your space for maximum productivity
- Plan and prioritize quickly to get the most out of your day

Bethanne Kronick is a nationally recognized productivity strategist, speaker, author, and consultant who has successfully helped her clients learn practical strategies to improve their systems and workflow since 2002. Bethanne is passionate about bringing productivity, balance and well-being to people at work and in life. She will inspire you to take control of your time so you can do the things you are passionate about.

As a member of the National Speakers Association (NSA) Bethanne has presented to the following organizations: Port of Portland, Portland General Electric, OHSU, AAA Oregon/Idaho, Clean Water Services, Oregon Society of CPAs, and many others.

In her spare time, Bethanne is a world record holder and Master’s National Champion rower and loves to eat ice cream!

I loved letting go of the clutter. I also remembered what it was like to actually finish something and minimize the disruptions. I am more respectful of my own interruptions of others’ time, too.

— Michelle Spencer, VP and Controller, Rentrak