

## Personal, Leadership, and Transformation **Productivity Programs**

### Personal Productivity Programs

#### Total Productivity Makeover: How to Accomplish More and Stress Less

If you have bold plans and brilliant ideas but are tired of being overwhelmed by lack of focus and the inability to follow-through, then you're ready for the Total Productivity Makeover. Almost everyone these days has too much to handle and not enough time. With so many meetings to attend, conversations or drop-ins by coworkers, calls, emails, social media notifications and numerous other interruptions, it can often feel like a real challenge to stay productive and get the important things done. It's not you! It's outdated, old-school methods of working that stand in your way. Learn the new brain-friendly ways to work, and you'll be amazed by your steady and fruitful forward progress!

Discover how to overcome disastrous distractions

- ✓ Understand how you can become impermeable to interruptions
- ✓ Learn how to create conditions for sharp focus
- ✓ Receive systems that ensure follow-through
- ✓ Build permanent, brain-based habits for success

You will accomplish more and stress less with the proven techniques and tools you get from this program.

## Personal Productivity Programs (continued)

### Get it Done! How to Boost Your Productivity With Strategies from Neuroscience

- ❓ *Are you tired of seeing a full day go by without getting even half what you planned done?*
- ❓ *Are you frustrated by distractions that eat up valuable time?*
- ❓ *Do you find it difficult to focus when you need to be productive?*

Get ready to see a dramatic upswing in your efficiency with evidence-based strategies from neuroscience. When you become aware of what your brain needs to function at full capacity, you pave the way for greater focus, improved time-management, and peak performance. Susanna's innovative information will help you make the most of your time. In this highly engaging personal productivity program, you will discover how to:

- ✓ Find focus and drive to accomplish your goals
- ✓ Disable distractions
- ✓ Get "in the zone" at will
- ✓ Overcome overwhelm
- ✓ Be more organized, improve time management, and drive productivity

Leave this program empowered for action with techniques that are proven to make a difference.

### See it Differently! Better Thinking and Decision-Making for More Productive Workdays

This program explores how complex and quality decisions are made. In many situations, decisions must be made under stressful, time-sensitive conditions. Discover interventions that improve problem-solving abilities and time-management efficiency.

- ✓ Realize how best ideas are enabled or restricted
- ✓ Understand the role memory plays in decisions
- ✓ Discover 4-steps to improve the problem-solving process
- ✓ Create conditions to generate insights for answers

You will understand how our brains process information for effective problem-solving and decision-making. Think better and work smarter with evidence-based neuroscience techniques and strategies.

[Brainiac Smart Strategies](#)

## Leadership Productivity Programs

### Step It Up! Leadership Strategies to Promote Productivity, Peak Performance, and Engagement

Discover new ways to approach productivity and engagement. Companies with highly engaged people outperform organizations with disengaged employees—by 54% in employee retention, by 89% in customer satisfaction, and 400% in revenue growth. In this dynamic, interactive program, [Susanna](#) presents evidence-based tools and strategies from neuroscience in entertaining, easy-to-understand ways that ensure your employees are efficient, engaged, and on top of their game. Leave this session knowing how to:

- ✓ Enable a culture of sharp focus
- ✓ Excel at collaborating and influencing using a 5-step model for success
- ✓ Change meeting malfunction into meeting mastery
- ✓ Create cohesive teams
- ✓ Increase engagement

[Susanna](#) tailors this as a keynote or workshop(s) specific to you, your team, or your organization's needs.

### Productivity for Leaders! Essential Productivity Practices that Work

Are you ready to make productivity a priority? These insights and strategies increase productivity with proven practical solutions. This powerful program will help you shift away from old school business practices to the new frontier of brain-friendly business systems that are easy to implement and have immediate, measurable results. Take away tips, tricks, shortcuts, and techniques to get more done with less effort.

- ✓ Discover the secrets to enabling focus and motivation
- ✓ Understand how to be on top of deadlines and projects
- ✓ Learn how the brain can help optimize time
- ✓ Uncover 5 principles that drive an engaged workforce

With this innovative approach, you'll help your employees increase efficiency, decrease stress, save time, reduce turnover, and ultimately increase your bottom line.

[Brainiac Smart Strategies](#)

## Leadership Productivity Programs (continued)

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## Transformation Productivity Programs

### Train Your Brain! Achieve Success and Happiness with the Hidden Power of Your Mind

Each of us has the power to create our lives. Your lifestyle, behavior and personal practices shape your brain. Your brain shapes your being. Clinical research shows that you can improve confidence, reduce emotional volatility, and activate the part of the brain that is critical to learning and memory by training your brain.

**In this engaging, transformational program you will...**

- ✓ Discover proven methods to rewire your brain for success. Boost your confidence with systems that override the thinking that's holding you back
- ✓ Receive systems and strategies that empower you to step out of your comfort zone and take effective actions to succeed
- ✓ Change your thinking and change your results with simple mindset strategies

These Brainiac Smart brain-power techniques help you become more effective personally and professionally. It doesn't matter if you're young or old. These systems, tools, and strategies are easy to use and are proven to work.

[Brainiac Smart Strategies](#)

## Transformation Productivity Programs (continued)

### Seize the Day! 7 Fantastic Techniques to Transform Your Business & Yourself

Discover how to use your conscious mind to reprogram your unconscious mind. Turn fatigue, frustration, and overwhelm into vibrancy, efficiency, and success. Boost your business and relationships with tools and strategies that are backed by neuroscience. In this empowering program you will...

- ✓ Use your conscious mind to train your brain
- ✓ Transform habits successfully
- ✓ Create collaborative relationships
- ✓ Get to "Yes!" with clients and colleagues
- ✓ Build a booming business

The seven research-based techniques in this program enhance personal power, clarity, and profitability. Leverage neuroscience to bring out your best and be your best.

**Brainiac Smart Strategies**

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