



# ACCOMPLISH REMARKABLY MORE DOING LESS

SIMPLE NEUROSCIENCE STRATEGIES THAT  
INCREASE PRODUCTIVITY SIGNIFICANTLY

*Susanna Goulder works with individuals, leaders, managers, and teams who want to boost productivity, improve performance, and increase their bottom line.*

## KEYNOTES & WORKSHOPS

### Stop the Time Thieves! Accomplish More In Less Time

- Create conditions for sharp focus
- Receive systems that ensure follow-through
- Build brain-based habits for success

### Get it Done! Boost Your Productivity with Strategies from Neuroscience

- Disable distractions
- Improve time-management
- Become more organized

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

- Enable your culture to focus and engage
- Discover how to collaborate and influence successfully
- Change meeting malfunction to meeting mastery

## WHAT CLIENTS HAVE TO SAY

*"Susanna was great! Her presentation was informative, entertaining, and as promised, had immediate results. I highly recommend her."*

- **Laura Sparano, CEO, NHCOC**

*"When you hear Susanna speak, you leave the session changed for the better."*

- **Patrice Blakemore, Interim Executive Director, Goldman Sachs 10,000 Small Businesses**

*"Susanna's topics hit close to home. She was very interactive with the audience, making the event exceed my expectations."*

- **Kristen Culp, Senior Analyst, Apple Growth Partners**

*"Susanna's message was exactly what our audience wanted to hear and it will resonate for a very long time."*

- **Catherine Foster, Director, Positive Thinkers Network**



### Susanna Goulder

NeuroProductivity Expert  
Keynote Speaker  
Transformation Coach

*Get the most from your greatest asset, your brain.*

## PRODUCTIVITY KEYNOTE SPEAKER

Susanna's fun, high-energy presentations help leaders and teams leverage brain-based research to increase efficiency, decrease stress, save time, reduce turnover, and ultimately increase the bottom line. Susanna is a member of the National Speakers Association, and is certified by the International Coaching Federation. She is honored to be selected as an ambassador for the Academy of Brain Health & Performance. In her first career, Susanna worked in the film business and was the original set decorator of "Sex & The City."

## GET PRODUCTIVE TODAY!

BOOK SUSANNA NOW

**216.255.9705**

[Susanna@SusannaGoulderSpeaker.com](mailto:Susanna@SusannaGoulderSpeaker.com)

[SusannaGoulderSpeaker.com](http://SusannaGoulderSpeaker.com)



NATIONAL SPEAKERS ASSOCIATION



# 10 TIPS TO BE MORE PRODUCTIVE AND DO LESS

- 1 CLEAR YOUR MIND WITH A BRAIN DUMP
- 2 SILENCE DISTRACTIONS
- 3 SET AND REVIEW GOALS
- 4 PRIORITIZE PRIORITIES
- 5 CREATE A MENTAL MODEL OF THE DAY
- 6 STOP MULTI-TASKING
- 7 TAKE MORE BREAKS
- 8 MOVE YOUR BODY
- 9 AVOID UNESSENTIAL MEETINGS
- 10 SLEEP 7 HOURS OR MORE


When you need more than just a speaker - someone who brings a fresh perspective, unique approach, and game-changing insights that lead to real transformation and change - then Susanna Goulder is the speaker you're looking for.


**Ready to accomplish remarkably more in less time?  
Schedule Susanna to speak at your next event!**

Visit: [SusannaGoulderSpeaker.com](https://SusannaGoulderSpeaker.com) for videos, resources, testimonials, and more.

[Susanna@SusannaGoulderSpeaker.com](mailto:Susanna@SusannaGoulderSpeaker.com)

📞 216.255.9705

 [susannagoulder](https://www.linkedin.com/in/susannagoulder)

 [getbrainsmart](https://twitter.com/getbrainsmart)

 [susanna.g.bradford](https://www.facebook.com/susanna.g.bradford)

