

Keynotes & Workshop Trainings

PRODUCTIVITY PROGRAMS



Build Up Personal Productivity

If you are struggling to be more productive, you are not alone. Help yourself and your employees to be highly productive and get the most important tasks done.

Stop the Time Thieves! A Powerful Approach to Accomplish More in Less Time

- *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?*

You are living in an era of overwhelm from the massive amount of information and communications coming to you every minute. In this situation, it's essential that time is your ally, not your enemy. Good news. With the latest medical imaging information, we are discovering just what the brain needs to prevent productivity perpetrators from stealing your focus and robbing you of achieving your goals.

In this engaging and transformative program, you will

- Identify Your Biggest Time Thieves
- Realize the Cost of Lost Time, Cognitive Abilities, and Money
- Understand How to Protect Your Productivity
- Discover Brain Savvy Productivity Practices to Accomplish More with Less Stress!

Total Productivity Makeover: How to Accomplish Remarkably More In Less Time

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. With so many meetings, conversations, or drop-ins by coworkers, calls, emails, social notifications, and deadlines to meet, it can often feel like a real challenge to get important tasks done. It's not you! It's old-school ideas about productivity that stand in your way.

- Discover how to overcome disastrous distractions
- Create conditions for sharp focus
- Become impermeable to interruption
- Receive systems that ensure follow-through
- Build lasting brain-based habits for success

Learn new brain-friendly ways to work, and you'll be amazed by your forward progress!

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

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.

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



Step Up Leadership

The greatest leaders inspire rather than push. Get fresh ideas to increase your influence authentically. Discover how to create conditions for employees to be productive, engaged, and happy.

Step It Up! These Top Strategies Are Proven To Increase Productivity

We're working harder than ever, so why are we getting less done? In many cases, workers are working hard. Still, productivity is down. What we need are new tools and training to make the work that we do count more. This is where the latest information from neuroscience is advantageous.

- Realize the steps to take to enable a boost in productivity
- Recognize the conditions for a motivated workplace
- Identify organizational obstacles to workforce productivity
- Learn proven strategies for everyone to work on all cylinders
- Discover how you and your team can accomplish more and do less

This powerful program shifts away from old school business practices to the new frontier of brain-friendly business systems that are easy to implement and have immediate, measurable, and profitable results.

Productivity Or Bust! Essential Practices For Leaders To Boost Productivity And Engagement

Are you ready to see a dramatic increase in productivity? Inspired employees bring more discretionary energy to their work every day. As a result, they are 125% more productive* than a merely satisfied employee. Productivity and employee satisfaction are connected. Both are also fragile. They depend on leadership that supports productivity in the workplace and understand how crucial they are to the staff and profitability. (*Bain & Company and EIU Research 2015)

- Master the 5 factors that drive a productive workforce
- Discover the missing ingredient that makes or breaks a company's chances for productivity
- Understand the key communication to a productive workplace
- Turn meeting malfunction into meeting mastery

This program increases efficiency, decreases stress, saves time, reduces turnover, and ultimately increases the bottom line.



Power Up Transformation

Don't let stress, overwhelm, and anxiety fool you. You and your teams can bring out your best by knowing how to get the most from your greatest asset, your brain.

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

Discover how to use your conscious mind to reprogram your unconscious mind. Turn stress, 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 learn to...

- Use your conscious mind to create a magnetic business
- Learn how old habits are transformed into effective actions
- Develop collaborative relationships that support you
- Get to "Yes!" with clients and colleagues

The seven techniques in this program enhance personal power and professional profitability. Learn how to leverage neuroscience to bring out your best and be your best.

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

Discover proven methods to rewire your brain for success in this transformational program. Your lifestyle, behavior and personal practices shape your brain. Your brain is your control center. Your brain shapes your being. You'll receive evidence-based strategies that boost confidence, reduce emotional volatility, and activate the part of the brain that is critical to learning and memory.

- Learn how to rewire your brain for success and happiness
- Boost your confidence with systems that override the thinking that's holding you back
- Receive systems to accomplish more doing less
- Apply techniques that empower you to step out of your comfort zone

These Brainiac Smart brain-power techniques will help you advance personally and professionally. Whether you are young or old, evidence shows these systems, tools, and strategies work.

Ready to accomplish remarkably more doing less?

For bookings or more information contact Susanna
[Email: Susanna@SusannaGoulderSpeaker.com](mailto:Susanna@SusannaGoulderSpeaker.com)
Call: 216.255.9705 o | Text: 914.564.9090 c.