

Keynote Presentations -- Lauren Midgley

“Overcome the Overwhelm”

Distractions, interruptions, fast flow of incoming information overwhelms us. How effectively we sort through and manage the information makes a difference in our productivity. Unexpected events throw our schedule into a tailspin. Lauren shares specific strategies to improve this situation we all face.

They will learn:

1. How to identify and isolate the overwhelming occurrences.
2. Why staying on top of distractions and interruptions will add 25% more time into the day.
3. How to handle unexpected events and still be productive.

“It’s 6 am and I’m Already Behind: Strategies for Getting Caught Up NOW!”

Being productive differs for each person, based on their energy, prioritization skills, and understanding of what really needs to get done. Every day is a new chance to do better at managing distractions and understanding the capacity of time.

Lauren uses special techniques and learning concepts to ensure participants will walk away with practical strategies that will work for them.

They will learn:

1. How to evaluate what realistically can be accomplished
2. Why focus and commitment are important to the momentum process
3. How to get more done without increasing the amount of time
4. Impact profits, promotions and personal satisfaction

“Managing the Interconnected, yet Leaky Profit and Productivity Bucket”

Whether you work at a franchise or a large corporation, the two buckets of productivity and profits share the same water. As a leader, it matters how you and your team approach personal productivity at the workplace. Simply put, unengaged individuals impact the overall profits.

Lauren shares strategies to identify the leakages that will make a difference for both areas:

- personal accomplishment and satisfaction for the team
- focus and commitment for the business to impact profits

“Leaving the Conference with a Successful Game Plan” (Ending Keynote or Workshop)

Do conference attendees go back and implement the new knowledge gained at the conference?

Some do. Most don't.

However, as a leader, you know the purpose for bringing everyone in for the conference was to provide new information, share success stories or perhaps, launch a new product or to cause a shift in thinking.

To get the maximum ROI (return on investment) from your conference, let Lauren help attendees determine how to apply the new information and utilize in the business effectively.

Lauren provides the attendees proven techniques to maximize their understanding and future actions.