

WORK WELL. PLAY MORE!

Practical steps to declutter your mind, body, and business!



Productivity, Decluttering, Health Behaviors

Have you tried changing your behavior, only to revert back to the status quo within weeks or even days?

Do you want to create new habits at work and home but don't know how to make them stick?

EXPERIENCE BEHAVIOR CHANGE WITH BASIC, INTERMEDIATE, AND ADVANCED STEPS.

45-MINUTE KEYNOTE TO HALF-DAY WORKSHOP.



Create **achievable and sustainable** health behaviors



Declutter your physical and digital environment



Increase **productivity** and decrease **decision fatigue**

This program is perfect for people who:

- Have the desire to change but aren't sure how.
- Want to live a healthier life on their own terms.
- Are controlled by their inbox, calendar, and task list.
- Feel overwhelmed by all their digital and physical belongings.



Your workshop was fantastic, insightful, engaging and actionable! In fact, it blew me away. The simple analogies made powerful and actionable points.

- **Geoff Ables** Managing Partner, C5 Insight



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