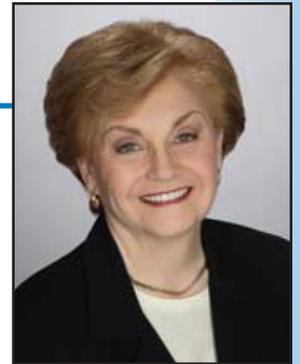


Leadership & Productivity Speaker + Executive Coach + ADHD Expert

DR. GERI MARKEL

Speaker, coach and award winning author of "Actions Against Distractions: Managing Your Scattered, Disorganized, and Forgetful Mind" and "Finding Happiness with Aristotle as Your Guide: Action Strategies Based on 10 Timeless Ideas".



MOST REQUESTED PROGRAMS FOR FAST TRACK LEADER AND TEAM PRODUCTIVITY: Seminars and staff development to enhance performance and life satisfaction and reduce stress.

Defeating Your Demons of Distraction. Geri opens the way for more effective and consistent performance. Some demons of distraction include technology overload, interruptions by others, inappropriate multitasking, and an unruly mind. In this highly interactive and practical seminar, participants learn how to identify personal and system distracters, apply strategies, reduce stress, and ensure follow-through.

Coaching and Mentoring to Enhance Performance and Work Climate. As organizational and technological advances reshape the way companies function, leaders need to motivate, model, and practice skills that encourage staffs to take initiative, think critically, and problem solve. With role-plays and hand-on activities, participants gain powerful coaching and mentoring skills to foster peak performance within positive work climates.

5 Hidden Barriers to Productivity. Geri provides researched-based strategies to deal with team performance problems. Often, such problem are hidden barriers to performance and stem from system rather than interpersonal or communication problems. Participants learn how to effectively deal with fuzzy or shifting goals, inappropriate multitasking, lack of relevant feedback, and overwhelming distractions by others or technology.

Productivity and Happiness: The Leader's Role. Research reveals that happy employees are more productive, creative and innovative. Geri shows how leaders help *stop the stoppers* to happiness and apply specific strategies to help know the right thing to do, at the right time and in the right way. When leaders manage their thoughts and actions to attain goals, they and those they lead increase productivity and gain sustained satisfaction – they flourish.

Smart Solutions to the Stress Mess. Downsizing and diminished budgets are just a few of the demands that are creating additional stress for leaders and teams who have to accomplish more work with fewer resources and competing values and demands. Participants discover how to avoid or decrease particular stressors and integrate a stress management regime into their work/life settings.

"Geri did a wonderful job in customizing her presentation for the National Association of Professional Organizers Southeast Michigan Chapter. She was entertaining, informative and answered our members' questions with ease."

Carolyn Anderson-Fermann
Simply Organized Life
Director of Professional
Development, NAPO
Southeast Michigan
Chapter

All programs are customized and available on-site or via webinars.

For information on coaching or staff development, go to www.gerimarkel.com.

To book, contact geri@managingyourmind.com or call 734 761 6498.

To reduce distractions, search your App Store for 8demons or go to GeriMarkel.com/blog/.