

ATTACK OF THE PRODUCTIVITY SUCKERS



The Four Things That Suck the Productivity Out of You ...and How to Fight Back!



SEMINAR DESCRIPTION

You work hard. You know how to make lists and check things off. You really *want* to be productive. But everyone and everything else keeps ruining your plans! So many things keep us from doing what we know we should be doing. In this funny, high-energy program, Laura Stack aka The Productivity Pro®, reviews the four main things that suck the productivity right out of you! You'll discover your biggest productivity sucker and take away some practical tools to defend yourself.

Productivity Sucker #1: TECHNOLOGY TRAPS

- Technology Trap #1: Disorganization
- Technology Trap #2: Oh Shiny! Syndrome
- Technology Trap #3: Lack of Focus

Productivity Sucker #2: SABOTAGE STUNTS

- Self-Sabotage Stunt #1: Obeying Your Brain
- Self-Sabotage Stunt #2: Wasting Time
- Self-Sabotage Stunt #3: Picking the Wrong Task

Productivity Sucker #3: PEOPLE PITFALLS

- People Pitfall #1: The Open Door
- People Pitfall #2: Lack of Communication
- People Pitfall #3: An Inability to Say No

Productivity Sucker #4: ENERGY ENEMIES

- Energy Enemy #1: Low-Value Activities
- Energy Enemy #2: Feeling Tired During the Day
- Energy Enemy #3: Losing Your Sense of Humor