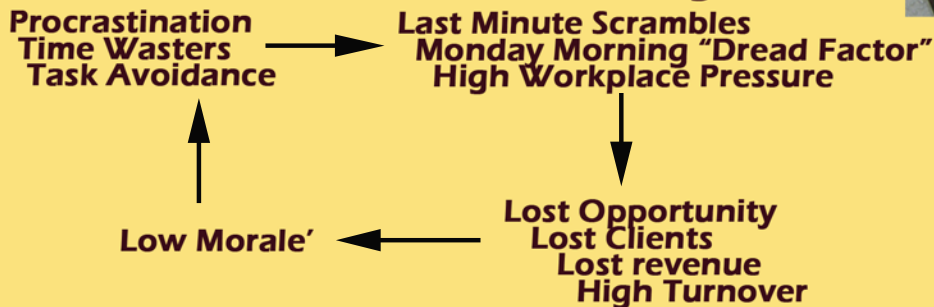


Breaking the Procrastination Cycle!



Nobody plans to procrastinate, but we all do, and promise ourselves never to do it again.

Then we do it again....

Procrastination costs your company an average \$10,000 per employee annually.

Most procrastination "cures" are simplistic and temporary, because they don't address the real causes.

Let Gary equip your people to overcome frustrating, productivity-killing procrastination by:

- **Offering insight into psychological causes of their particular pattern of procrastination**
- **Putting procrastination into context with other forms of Self-Sabotage**
- **Warning about the 4 factors that make procrastination more likely**
- **Providing a 4-step strategy to attack persistent procrastination and set goals that work**
- **Supplying numerous practical tactics to attack and defeat their procrastination**



Delivery Options

Keynote Presentation
Breakout
Half-Day Workshop

Workshop Format

highly interactive
high content
multimedia

"Procrastination is the King of Passive Self-Sabotage."

...Gary Sheely

Gary Sheely

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Contact Gary for an
unforgettable program!

