

"tiME management: getting sh!t done without coming undone"

You love to get things done. It is who you are and how you roll. But sometimes you wonder if it is all doable. Meeting after meeting, deal after deal, deadline after deadline, tasks topple your bulging inbox, and demand more and more from you. It might feel like you have to choose between taking care of business and taking care of yourself. Maybe you are starting to come undone in service to getting things done. Katie McDonald learned the hard way that it doesn't have to be that way.

Circling the drain, Katie's addiction to doing took her to hell and she returned scorched and emboldened to share with her tribe of doers what she has learned along the way. This engaging presentation will empower you with time tested strategies to reclaim the ME in tiME management and shift from human doing to human being.