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AUTHOR ■ SPEAKER ■ CONSULTANT

*INCREASING PRODUCTIVITY
THROUGH EFFECTIVE COMMUNICATION*

GET A LIFE WITHOUT SACRIFICING YOUR CAREER: HOW TO FIND BALANCE AND INCREASE PRODUCTIVITY

Are you pedaling as fast as you can to stay up with the ever-increasing workload? Do you feel pulled in several directions? Is stress from work spilling over to your home life? And what about all the nice-to-do's that you never find time for at all? Dianna will present some practical ideas and pure inspiration for aligning your time with your values.

Audiences will learn to—

- Change the way they think about time
- Align their time and activities with their values
- Assume responsibility for their own time
- Determine the long-term payoff
- Set the pace according to the purpose
- Become more selective about their intake
- Evaluate minutes in monetary standards—and know when to cash in

Alternate Title:

Get a Life: How to Find Time for the Really Important Things in Life

Supplementary Materials to Reinforce Learning:

Book: *Get a Life Without Sacrificing Your Career* (McGraw-Hill)

A nationally recognized business communication expert, Dianna is the author of more than 40 books, including more than 20 on communication topics (Simon & Schuster/Pocket Books, Random House/Ballantine, Warner, McGraw-Hill). Her work has been excerpted, reviewed, and featured in media such as Good Morning America, *The Wall Street Journal*, *The New York Times*, CNN, CNBC, *USA Today*, *Forbes*, National Public Radio, *Bloomberg*, *Boardroom Reports*, *Investors Business Daily*, Fox Family Network, *Washington Post*, *New York Newsday*, *Los Angeles Times*, *Chicago Tribune*, *Success*, and *Entrepreneur*, among other national radio, TV, and newspapers. Britannica, Nightingale-Conant, Thomson Corporation, American Media, and InterCom also have produced video, audio, and software series based on several of her business titles.



"We certainly appreciate all the good work you do for us. We consistently get high marks on your programs." —Harvey Hartman, Chief, HDR, NASA/Johnson Space Center

"The work you put into preparing your presentation was reflected in the synergy of your message with the day's purpose, Frito-Lay Technology's philosophy and the other speakers. The feedback we have received to date has been extremely positive." —Dennis Heard, Ph.D., Senior Vice President, Technology, Frito-Lay, Inc

"Your keynote address during the Opening General Session, 'Get a Life: How to Find Balance and Increase Productivity,' kicked off our conference to an awesome start!... You brought exceptional value to our attendees." —Dan Maddux, Executive Director, American Payroll Association

"The seminars you gave here last month received rave reviews." —M. Elizabeth Rader, Director, Deloitte & Touche LLP

