

The “Self-Honoring” Approach to Managing Time™

Take control, Feel more confident, Increase available time

Do you feel like your schedule runs you?

Wish you had more time to work on your big goals?

Do you feel overwhelmed when you try to prioritize?

Would you like to feel more successful at the end of your day?

Wish you had more balance in your personal and professional life?

This is NOT your typical time management course – WHY?

The successful use of your time requires a self-honoring approach. This means YOU approach the use of your time not from how busy you are or can be, but from your self-worth and what is the best use of your time. Confident individuals with a high level of self-worth take control of their time, make a conscious decision about how they use it and set clear boundaries around how other people use it. This allows them to take control of the outcome, tap into their personal power, and enjoy the pursuit of their goals.



Managing your time with the Self-Honoring Approach is the “SOLUTION” to achieve your goals!!

Who Needs To Attend?

Entrepreneurs, Leaders, Managers, Sales Agents, and any Serious Professionals who want to get back in the “driver’s seat” of their lives and confidently achieve their goals!

February 17th, 8:15-12:15

*Registration begins at 8:00.

Horizon Financial Center

9890 S 300 W, Sandy, UT

Sponsored By: SEGWAY Property Solutions

In This Training You’ll Learn:

- ✓ The 4 Step Decision Making Process to quickly organize and prioritize
- ✓ How to set your day up for success and increase your confidence and available time
- ✓ How to say “no thank you” and set appropriate boundaries on the use of your time
- ✓ Why you may be resisting delegating and the 3 key delegating criteria
- ✓ How to stay motivated, on track and not get burned out when working on big projects
- ✓ Ways to overcome procrastination and eliminate the perfectionist trap
- ✓ How to identify and eliminate time wasters and energy drainers
- ✓ How to reduce stress reactions and refill your self-care reservoir

You'll Also Get:

- Assessments that will help you laser in on where you need to create focus so you can start implementing the training right away!
- The process to create your "Daily Measurement of Success" which necessary to achieve your larger vision!
- Hands on support to evaluate your schedule and organize your priorities before you leave! (*Bring a copy of your schedule and to-do list)

Stop being just the great "task-doer"!

Join **René Johnson, The Power Zone Coach**, Author of "Leaving Your Comfort Zone", certified empowerment coach, and founder of Emerggy Coaching, in this engaging and powerful workshop that will guide you through the Self-Honoring Approach to Managing Your Time. In addition to being a powerful motivational speaker, René has successfully coached hundreds of individuals and businesses, and is a leading provider of continuing education courses for the American Dental Association.



What others are saying about René Johnson...

"I would recommend Rene to anyone who wants to be able to "Play Bigger" and to "Show up as their best selves". She is a **dynamic speaker and presenter** if you have a group that could benefit from this message." -Marilyn McSweeney, Principle, McSweeney-Miller

"The Chamber has called upon Rene to help us on any number of occasions to work her magic at a Chamber function or gathering. We have found that Rene Johnson of Emerggy Coaching is **excellent and we highly recommend** her to any company." -Nancy Workman, President & CEO, Sandy Chamber

"Our CEO talked a lot about your presentation and how much he appreciated the information and ideas. He really felt it was **added value** and that there were so many components." -Sue Larsen, Chief Administrative Officer

"I use this process every day and has saved me a ton of time and worry. This puts me **back into control over my time** and what I focus on." – Angela Johnson, CEO, Biz Divas

"The seminar was empowering, energizing and uplifting. The topics in her sessions **perfectly fit the current business environment**. With Emerggy Coaching- you become empowered to be a change agent for improvement both personally and professionally." -Cindie Selbo, Manager

"Using the time management skills you taught me, I have been **moving forward rapidly**. Your methods really work. Thanks so much!" -Nancy Sutton, Owner, Vital Visibility

Register Today – Seating Limited
Normally \$99 – Specially Priced – ONLY \$69*

<http://www.1shoppingcart.com/SecureCart/SecureCart.aspx?mid=03F5287F-32AC-4264-BBD5-4CFB39EF0411&pid=909e44d58d50462ea01703064521a5cb>



Last day to register is 2/15!

(*For 3 or more ask me about group savings / Tax write-off!)

Don't miss this! With your focus and energy going in the right direction you will increase your available time to work on the right things! You'll feel more confident of staying on top of your workload, and bonus, you'll stop piecing yourself out to the wrong things which put you behind and not able to fulfill your commitments. Plus, when you shift how you approach time management, you'll improve your overall well-being in all areas of your life!

Back to www.powerzonecoach.com

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