

Where Am I Going?

Rediscovering Life's Roadmaps

(Plus - How to Manage Multiple Priorities and Decide What's Most Important)

www.keithlowry.com

- Ever had a day when you didn't finish your list?
- Ever wonder where all the time went in a day, or all the days in a week?
- Ever find yourself going in circles or spinning your wheels?
- Have everyday stresses ever threatened to derail you and your best laid plans?

If so, you'll benefit greatly from this half-day investment in yourself.

TIME MANAGEMENT PREMISE

If you want to be happy with the house you've built,
you've got to be in charge during construction.

Roadmaps are valuable in your life. This is a day to re-connect with what drives and empowers you by focusing on several key Covey principles and time management tools such as planning, prioritizing, and balancing. Mr. Lowry's uniquely fresh approach to these topics will encourage everyone in a dynamic, fun, and realistic way. Even the most organized person on your team will rediscover direction and drive.

You will regain the ability to find the most important things in the haystack of urgent, last minute, unplanned things that have been dumped on your desk by others. You will leave with the vision necessary to see through the forest to the most critical destinations—and stay focused on them, even when others are distracted.

This delightful seminar closes with a hysterical and helpful segment about dealing effectively with the STRESSES of daily life. Everyone needs this occasional refocusing. Your investment will create a more effective, satisfied, and fulfilled team.

"Who knew a 'time & life management' seminar could be such a scream! That's the most fun I've spent anywhere! And the stuff about 'balance' has given me so much hope to get some things straightened out in my life. Thank you, Thank you, Thank you..." June D, Denver, CO

OUTLINE

1. Where are we headed? – The value of destination statements for leaders and their teams.
2. How are we going to get there? – Rediscover the value of goals and how they work like roadmaps in our work and in our lives. Discover why we often find ourselves “going in circles” or “spinning our wheels”.
3. Prioritizing – discover the question behind all your questions about what to do next. A tremendously helpful tool to assist you in making decisions about priority order, and most importantly, HOW TO SAY “NO!” When you have multiple priorities screaming at you, here's how to silence the noise...
4. Balance – Find the missing ingredient that causes us to lose balance between the things we love and the things we have to do. Rediscover the value of prioritizing, and a tremendous tool to help you do so.
5. Managing Stress – One of the reasons we get stressed is that we don't get everything done. Stress causes us to get even less done, which causes more stress... Ouch! Incredibly effective tools to strangle stress and be more productive, happier and more relaxed, at work, at home, and everywhere!

