

## Productivity Powerhouse- 7 Hacks To Accomplishing More, In Less Time

I don't know about you, but I don't often hear many people say that they have too little to do or, give me more, more, more; how about you? A more familiar conversation is typically centered around the question; "how I am going to get ALL of this done?", right?

Factoring in all we're expected to accomplish in this fast-paced, competitive and consumption-based society, it's no wonder that at times we may feel completely overwhelmed and defeated. Consequently, this diminishes our efficiency and effectiveness, leading to further feelings of overwhelm. Between texts, emails, phone calls, social media updates, meetings, volunteer work, planning, errands, appointments, dinner, and a term I coined "lifeing", the list goes on and on; how are we supposed to get it all done?

Several years ago, I found myself asking the very same question and it launched my quest to find a solution to this problem that affects so many.

If this you and you want to be more productive & accomplish more, all while keeping your sanity, join me at the 2018 VAMA Conference, April 11 -13<sup>th</sup> in Norfolk, VA, where I'll share the 7 greatest productivity hacks that have helped me accomplish more, feel less stressed and, more satisfied in my work, and in life.

See you there!

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She is respected National Speaker, a National Apartment Association Education Institute Faculty Member, Author, Motivational Speaker, Corporate Trainer, tech & trend geek, and a regular contributor to printed & digital industry publications.

She believes in exciting innovation, modern ideas, & technology-driven education, and has built the SPARK Multifamily brands around these core elements.

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