



Do your  
*Employees*  
Suffer From

# **OBSESSIVE DISTRACTION DISORDER (ODD)?**



## **ODD Symptoms Include:**

- \* Being constantly pulled off-task
- \* Spending too much time responding to e-mails
- \* Constantly busy, but without much to show for it
- \* Feeling buried and overwhelmed by the workload
- \* Not sure what projects have priority
- \* Dealing with too many problems at home – while working
- \* Increased tension, gossip or conflict with co-workers
- \* Arriving late, leaving early or not making it to work at all

Renowned author and "Super-Busy" productivity expert Natalie Gahrman, can show your organization how to get a handle on their ODD issues and transform your people from crazy "SUPER BUSY" to focused "SUPER PRODUCTIVE"

**There's too much talk about**  
**Stress Management \* Productivity**  
**Work/Life Balance \* Time Management**  
**It all really comes down to managing distractions!**



## Words of Praise

for Natalie Gahrmann:

"Everyone thoroughly enjoyed Natalie's energy, passion, and expertise. She motivated our audience to discover how to manage multiple responsibilities and conflicting demands while discovering how to have more time for fulfilling work warm relationships, and better self-care."

- S. Rendina, GlaxoSmithKline

"Our employees learned real strategies to help them better communicate, prioritize and set reasonable limits in a highly interactive, fun, and motivating environment. Your expertise was obvious, and your manner was very accessible. The ideas that came forth from the presentation were actionable and insightful."

- J. Norman, Kraft Foods

"Genentech is one of the top companies in Fortune Magazine's 100 Best Companies to Work For and is one of the top companies on Working Parent magazine's list. Your work has helped us to continue our efforts to be an employer of choice."

- D. Hooper, Genentech

As Featured



# FOCUS People! FOCUS!

## Minimize Distractions Maximize Results

In her energetic, entertaining and content-rich presentations, Natalie Gahrmann gives her audiences a wake-up call, providing wisdom and actionable strategies that help them, not just juggle what is on their plate, but better manage expectations, attention and obligations.

Her popular presentation on managing distractions and increasing productivity includes:

### OVERCOMING OBSESSIVE DISTRACTION DISORDER:

#### How to Focus on Your Work - Before it Costs you Your Job!

(Keynote Presentation or Break-Out Session)

Wasn't the "new millennium" and all its conveniences supposed to usher in an easier world for us? In reality, the pressure to be a "star performer" both at home and in the workplace, has made our already "full-plate" overflow like never before. And all the distractions make it harder than ever to focus on what is really important to our jobs. It can all be overwhelming.

In this profoundly entertaining and informative presentation, "The Priority Pro", Natalie Gahrmann shows audiences that the key to recovering from Obsessive Distraction Disorder (ODD) is to learn to: **Eliminate Distractions, Manage Obligations, and Focus on the Task-at-Hand.**

Participants leave with a clearer view of everything that battles for our attention as well as a head full of strategies for getting it done - when you can't do it all!

### Clients include:

- \* Aiello Chiropractic
- \* American Standard
- \* AT&T
- \* Central Jersey Women's Network
- \* CIGNA Behavioral Healthcare
- \* Cn8
- \* Family Focus
- \* Genentech
- \* GlaxoSmithKline
- \* Healthcare Businesswomen's Association
- \* Highland Park Board of Education
- \* Hillsborough Women's Group
- \* Kraft Foods
- \* Lucent Technologies
- \* Newark Public School System
- \* New Jersey Professional Coaches Association
- \* Patriot Media
- \* Schlumberger
- \* Somerset County Association of Young Professionals
- \* State of NJ, Department of Labor, Employment & Training
- \* Tibotech Therapeutics
- And more!

Bring Natalie Gahrmann in to speak to your organization!  
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