

Natalie Gahrmann Intro

Like most of you, Natalie Gahrmann (pronounced Garmin) knows what it is to be “Super Busy.” From her early days as a business teacher to a decade working full-time as a corporate trainer for AT&T, Natalie had two children, earned her Masters degree in Administration and Supervision and found herself overworked, emotionally spent and physically exhausted.

From a lifetime of obligation, success and achievement came profound revelations on what it takes to do what you can – when you can’t do it all.

Now, Natalie Gahrmann travels the country speaking to organizations and professionals about how to overcome, what she calls “O.D.D.,” or Obsessive Distraction Disorder. Coming from the perspective of a high achiever who used to overfill her own plate, Natalie teaches others how to better manage all the personal and professional obligations so that they can concentrate on what is truly important, while minimizing the distractions that can take them off-task. With an irreverent style, revealing stories and eye-opening observations, Natalie will help you look at everything that competes for your time and attention from a new perspective.

With numerous, national media appearances and a successful book: *Succeeding as a Super Busy Parent*, under her belt, Natalie Gahrmann’s profound wisdom and actionable strategies will help you, not just juggle what is on your plate, but better manage expectations, attention and obligations. Let’s welcome Natalie Gahrmann!

"eNeRGy for Work and Life Success"

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