

Natalie Gahrman, MA, PCC, CUCG

Professional Speaker • Internationally Certified Coach • Author

The expert that helps people go from crazy super-busy to focused super-productive.

Known as *the Priority Pro*, Natalie 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 of their personal and professional obligations so that they can concentrate on what is truly important to them, while minimizing the distractions that can take them off-task.



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

Natalie is a former Board member of the National Speakers Association and President of the NJ Professional Coaches Association. She holds an MA in Administration & Supervision and a BS in Marketing Education. Natalie earned her coaching certification through the International Coach Federation and Coach U. She is the founder and owner of *N-R-G Coaching Associates*, an international coaching and training company and a regular expert contributor to Parenting magazine, BlueSuitMom, Momtourage (an iVillage site), and MyPath (a Manpower career site.)