

Introduction – Natalie Gahrmann (pronounced GARMIN)

For well over a decade, Natalie Gahrmann has been helping managers and leaders more effectively handle everything on their plate. As a highly acclaimed internationally certified leadership coach, professional speaker, author and expert contributor to national magazines & newspapers (such as Parenting, Working Mother, Good Housekeeping, USA Today, and the NY Times and NY Daily News), news shows (including the CBS Early Morning Show, Fox Business and the Hallmark Channel) and online internationally, Natalie has had the distinct privilege and pleasure to help thousands across the nation with her straight-forward wisdom and actionable strategies.

Natalie specializes in helping people go from feeling overwhelmed, stressed out and headed for burnout to becoming extraordinary leaders in their organizations and their lives. Known as "*The Priority Pro*", Natalie travels the country speaking to audiences and working 1-to-1 with SuperBusy professionals to leverage their personal strengths and maximize their potential.

So here are her instructions for you...relax, be open-minded, have fun, ask questions and feel free to contribute your best practices.