

Time management Fixer Helene Segura delivers **thought-provoking, yet entertaining** time management keynotes and seminars that give busy franchise team members the powerful strategies and tactics they need to slash lost time. By improving efficiency, she helps companies lower employee stress levels, decrease absenteeism, improve retention, and increase profits.

The [author](http://helenesegura.com/books/) of four books – two of which were Amazon bestsellers - Helene has been the [featured organizational expert](http://helenesegura.com/media/) in **more than 200 media interviews** including publications such as US News and World Report and Money Magazine, as well as on Fox, CBS, ABC and NBC affiliates. Helene’s third book, *The Inefficiency Assassin: Time Management Tactics for Working Smarter, Not Longer* (New World Library) is a productivity manual for thousands around the world. Her fourth book, *The Great Escape: A Vacation Planner for Busy People Who Want to Take a Real Break from Work & Life*, allows folks to experience a productivity recharge without leaving their colleagues in a bind.

**Meet Helene Segura, MA Ed, CPO®, VMP**



Check her availability today at **HeleneSegura.com**!

Her education background – both in her schooling and teaching - influences everything she does. Her Bachelor’s degree from Texas A&M University is in Political Science. She focused on international affairs, so she learned about negotiations and the importance of dissecting situations from different perspectives. Her Master’s degree from UTSA is in Educational Leadership. She learned about running a business, as well as educational psychology – behavior change and change management. Through her graduate coursework and passion for studying neuroscience, as well as “on the job experience,” she was able to apply all of this and figure out what makes individuals tick and, therefore, what will get them to change and be successful. In her individual consulting, keynotes and seminars, she uses all of these skills to reveal to audiences how to pin-point their barriers to personal efficiency and implement transformational changes that will save their sanity – and save their franchises a great deal of money.

Born and raised in Los Angeles, a former soccer player for Texas A&M, and an avid traveler, her wide variety of life experiences and exposure to cultures around the world allow her to offer unique insight and solutions to her audiences and clients.