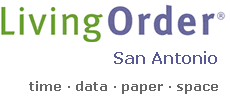
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**Helene Segura, MA Ed, CPO®**

**Introductions – Standard (this page) & Short (next page)**

Here are a couple of questions for you to consider:

* Have you ever uttered these words at the end of the day: “I was so busy, but I got nothing done!”?

Or what about:

* Do you wish you had more time in the day?

If you answered yes to either, you’re in the right place!

Our presenter today believes that life is too short to be spent working ourselves into frazzled stressballs. She has been the featured organizational expert in more than 200 media interviews and is the author of four books – two of which were Amazon best-sellers. She’s coached hundreds of clients to productivity success and delivered keynotes and seminars to thousands of “professionals on the go” – teaching them how to regain control of their hectic work and personal lives and curb a very expensive problem: lost time.

Born and raised in Los Angeles, a former soccer player for Texas A&M, and an avid world traveler, her wide variety of life and work experiences allow her to offer unique insight and assistance to help her clients improve efficiency, lower stress levels and increase profitability.

When she’s not helping franchise go-getters like you slash lost time as The *In*efficiency Assassin™, she can be found horsing around on the lawn bowling court.

Please join me in welcoming a devout cheese eater and nerdy spreadsheet-lovin’ number-cruncher who’ll share her *time management fundamentals for working smarter, not longer*

Helene Segura!

(pronounced: Heh-Leen Seh-goo-rrruh)

**Shorter Version:**

Have you ever uttered these words?

“I wish I had more time in the day!”

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