

Helene Segura | Past Clients

Helene Segura teaches go-getters how to put an end to lost time. By improving efficiency, she helps companies lower employee stress levels, decrease absenteeism, improve retention, and increase profits.

She has hundreds of individual consulting/coaching clients with improved outcomes and is the author of four books, two of which were Amazon best-sellers.

Helene is a subject matter expert who has spoken to thousands of business leaders and professionals on the go – teaching them stress management by regaining control of their hectic work and personal lives. Kanban, Kaizen and time management may be fuddy duddy terms, but Helene's mind-bending keynotes and workshops are anything but. Clients include:

Helene has been a featured expert in more than 200 interviews for media outlets including:



Complete list available at HeleneSegura.com/speaking

Helene Segura, M.A. Ed., CPO®
Time Management Fixer | Author | Speaker

(self-professed nerd!)

