



# **MRIDU PARIKH**

**Consultant and speaker on improving productivity,  
managing business and developing leadership.**



## Introduction

### *Mridu Will Get You Working Smarter, Not Harder*

With clear priorities & effective systems, your motivation, creativity and results will skyrocket.

Breaking down concepts into real-life experiences is core to Mridu's engaging style.

She loves working with people to discover how their habits impact success.

She speaks on Productivity + Time Management, Business + Leadership and Personal Branding.

She creates efficiencies and eliminates stress where you need it most.

Get more done in less time. Work smarter, not harder with Mridu.

# Speaking

## The Productivity Power Wheel: Are You In Alignment?

(Mridu's signature workshop. Sessions can be customized to fit your needs).



### Mindset

Self-Sabotage, Shifts in Thinking + Behavior



### Physical Space:

Declutter, Efficient Workflow, Organized Files



### Time + Calendar:

Time Management, Big Rocks, Boundaries



### To-Do's + Tasks:

List Power, Prioritization, Email Management



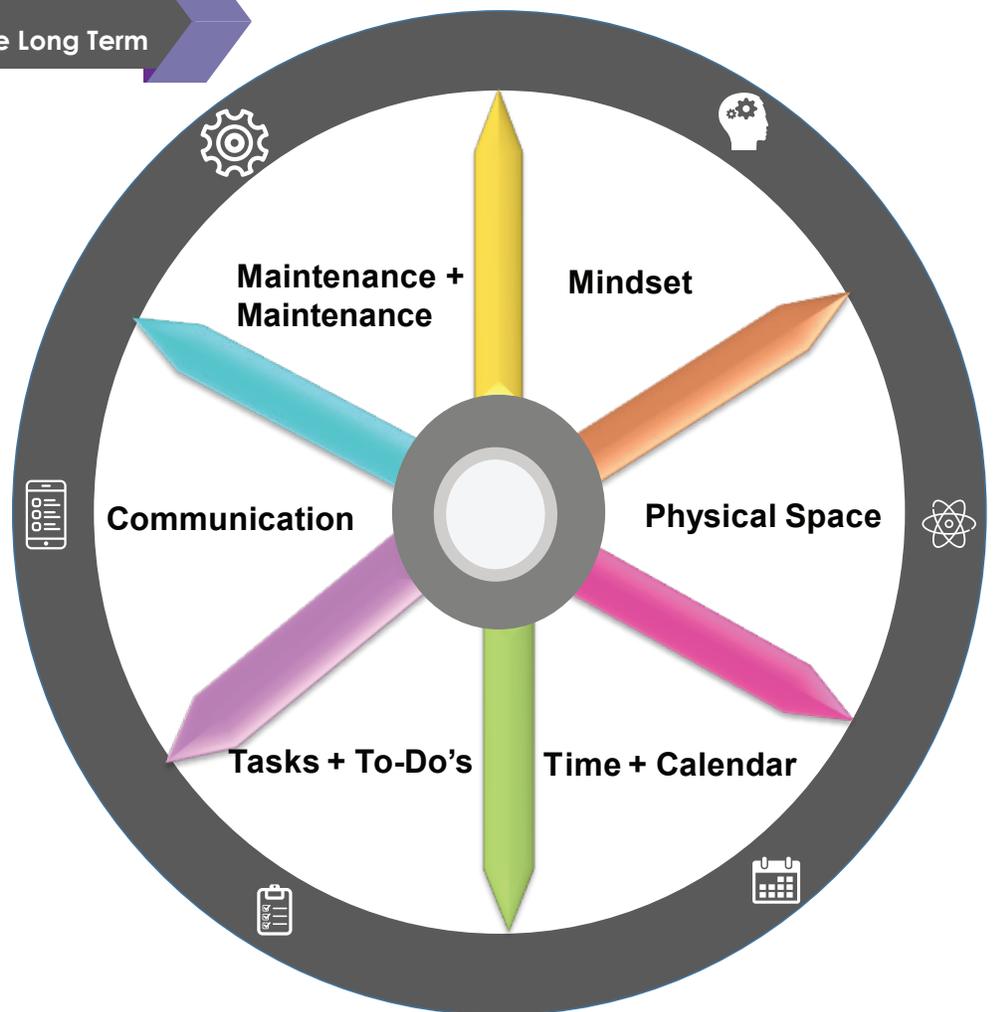
### Communication:

Collaborate, Delegate, Tech Tools



### Planning + Maintenance

Holistic Productivity + Balance for the Long Term



“Rarely can you find a speaker who can take on a technical subject and not only make it fun and easy to understand but also allow you to leave with the tools and confidence to do it yourself. Mridu is that gem! I’ve had the privilege to work with Mridu one-on-one and she exudes professionalism. But when I saw her present at the 2015 NAPO Conference in Los Angeles I was blown away! Seeing her in front of an audience and how she connected and engaged with over 150 attendees, left me in awe. If you’re looking for a speaker who can teach, motivate, and inspire...all while providing a laugh or two (honestly I think I snorted at least once or twice) then Mridu is a fantastic choice!”

– Vanessa Hayes, [Simple Life Together](#)

“I really like that Mridu offers new ideas about how to manage my time more efficiently. I often read articles about time management and rarely come across anything novel. Mridu offered new concepts that have changed the way how I handle incoming paperwork and e-mail. I also liked that she provided language we can use when responding to people who make demands on our time. Overall the workshop was very practical and helpful. I highly encourage folks juggling multiple projects or roles to take Mridu’s workshop!”

– Laura McLeod, [Vanderbilt University](#)

“A very engaging workshop! The handouts and the practical tips were so helpful. I liked the specific tips you gave for making lists and examples of how clearing clutter can save you so much time. I also really enjoyed the tech suggestions and know I can use these ideas right away. I felt supported, (not shamed), about everything I struggle with. You covered all the topics with an easy to understand breakdown. I would recommend working with Mridu to everyone!”

– Carol R. [Vanderbilt Hospital](#)

# Hands On Consulting

With streamlined workflows and processes, you'll eliminate unnecessary fees, wasted hours and duplicative efforts. With less overwhelm your business will simply flow better.

Hire Mridu to help align your business goals with efficient and effective structure, organization and communication.



## Together we can:

- ▶ Create an efficient workflow so you get more done in less time
- ▶ Set up your schedule so you stay focused and complete projects
- ▶ Create an effective task management system
- ▶ Manage paper and files (physical files and in the cloud)
- ▶ Use technology tools to maximize your productivity
- ▶ Organize your workspace
- ▶ Get clear on your marketing investments
- ▶ Tame your email and get you to a "zero inbox"
- ▶ Train your employees on using efficient tools
- ▶ Put maintenance plans in place for various processes

*Together we'll boost your results and grow your business.*



"After years of wearing every hat in my biz, by rolling up my sleeves to market my services, finding my audience, building an e-commerce website with an engaging blog and global community, and creating profitable online products – I KNOW how to grow and run a successful business. So now? I help other entrepreneurs build thriving businesses too."

Mridu's experience in building powerful audience connections combined with her technical know-how and marketing expertise is the unique combination she has to help propel your small business too.



**Mridu Parikh is a pro at aligning business goals with structure, to get more done in less time – without the stress. She is a consultant, strategist and speaker on improving productivity, developing leadership, and managing business.**

**Named one of Nashville's Emerging Business Leaders of 2015 and a Top 20 Home Office Organizing Expert of 2013, Mridu shares over 250 organization videos featured on her own Roku channel.**

**As President of The National Association of Professional Organizers Nashville Chapter, Mridu is committed to helping people reach their peak performance, feel successful and bring pride and joy to their work and life.**

**Mridu speaks on a broad range of topics, offered in the form of keynotes, workshops and online classes, including:  
Productivity + Time Management,  
Business + Leadership and Branding.**

**I'd love to connect with you.**

**Call: (917) 699-5495**

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**Website: [www.lifeisorganized.com/pro](http://www.lifeisorganized.com/pro)**

**Based in Nashville, TN**