



Mridu Parikh

Keynote Speaker, Productivity Expert

Stop Procrastinating, Squash Overwhelm and Skyrocket Results!

Why Does Productivity Matter?

The average American worker loses up to three hours per day because of:

- Distractions
- Interruptions
- Poor concentration
- Overwhelming to-do lists

All of these saboteurs add up to lost time, more stress, lower morale and less than optimal performance and decision making.

Mridu's audiences learn ways to shave off two hours of lost time per day. How valuable is that time? An employee earning \$50,000 per year will gain back \$12,500 of lost time in one year.

About Mridu

Mridu Parikh transforms careers and lives by helping ambitious people dominate their habits, time and goals. As a Productivity Speaker + Coach she teaches audiences around the country about overcoming procrastination, achieving their personal and professional goals, and squashing overwhelm.

Her strategies on streamlining tasks and mastering habits have been featured in The Huffington Post, US News & World Report, Good Housekeeping and many other media outlets, in addition to her own ROKU channel with over 200 videos on organization.

Named one of Nashville's Emerging Business Leaders of 2015 and a Top 20 Home Office Organizing Expert of 2013, Mridu's ten years of productivity experience brings truth to "work smarter, not harder" to drive motivation and propel your business and career.



"Hire Mridu to Speak at Your Next Event"



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Most Popular Talks

Focus Is The New Productivity: Are you busy, busy, busy all day, yet at 5pm left wondering: "what did I get done today? Productivity Expert, Mridu Parikh, understands the daily demands on your time in a world of increased distractions, little time, and too much to do. In your eye opening time with Mridu you'll discover:

- Proven ways to avoid distractions and catapult results
- How to easily focus on revenue generating activities
- Tools to overcome procrastination

How Effective Leaders Spend Time: Leaders are overwhelmed by balancing their day-to-day operational responsibilities, while finding the time to work their teams, and think about strategy and planning. Mridu identifies three key practices that will enable leaders to:

- Focus on their high value activities
- Boost productivity
- Overcome procrastination

Insanely Productive Meetings: It's estimated that 34% of meetings end up as wasted time and the average meeting wasted cost is \$150-\$350 per hour. Meeting heavy cultures leaves little time to focus on getting work done and building critical skills for teams and organizations. In this session attendees will walk away with an understanding of:

- How to get the most employee engagement out of a meeting
- Techniques to reach goals and valuable outcomes in each meeting
- Core types of effective meetings: re-thinking the current meeting model

Mridu breaks down overwhelming ideas into practical steps so your audience takes immediate and powerful action.

Partial Client List

- UBS
- Vanderbilt University
- Tractor Supply Company
- Belmont University
- National Association Of Women MBA's
- National Association of Productivity & Organization
- American Association Of Dental Office Managers
- Neel Schaffer
- Lipscomb University

What Others Are Saying

"I've heard at least 100 talks on productivity and time management over my career. Mridu's was the most impactful with the easiest, most simple advice I've heard."

– Jennifer L., TekLinks

Mridu came in and set our whole year in motion with great momentum! Her framework for focus and productivity left us feeling empowered to take charge of our days.

– Suzie L., Williamson Inc.

"Wow! A life changing 30 minutes. I didn't want it to end!"

– Jean Kurtz, Waddell & Reed

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