

MRIDU PARIKH

"THE STRESS SQUASHER"

KEYNOTE SPEAKER
PRODUCTIVITY EXPERT
BEST SELLING AUTHOR



Stop procrastinating, squash overwhelm, and skyrocket results!

WHY DOES PRODUCTIVITY MATTER?

People lose 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, 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 is The Stress Squasher. As a keynote speaker, productivity coach, and founder of Life Is Organized, she has taught thousands of professionals simple ways to wake up with a plan... take control of their distractions... and drop overwhelm with ease. She is the author of the Amazon bestseller, *Accomplish It: 7 Simple Actions To Get The Right Things Done And Achieve Your Goals*, and the host of the Productivity on Purpose podcast. Her techniques on mastering tasks and habits have been featured in The Huffington Post, US News & World Report, Real Simple, and many other media outlets. When she's not wrangling a list or schedule, you can usually find this former professional organizer turned productivity pro with her two teens and one husband enjoying a Malbec.

AS FEATURED IN

REAL SIMPLE
life made easier every day



THE
HUFFINGTON
POST

Tennessean.
PART OF THE USA TODAY NETWORK



Good Housekeeping

MOST POPULAR TALKS

Overwhelmed, Overstretched, And Over It!: Are you busy all day yet at 5pm left wondering: "what did I get done today?" Mridu understands the daily demands on your time in a world of increased distractions, little time, and too much to do. In this eye-opening session you'll discover:

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

Avoid Burnout Before You're Burned Out: Burnout saps your energy and productivity, leaving you overwhelmed and often unmotivated. Learn how to pause and change direction to feel healthy and positive again. Attendees will learn the tools to deal with burnout using the three "I" approach.

1. Identify: Alert yourself of warning signs (they're not what you think)
2. Improve: Turn circumstances around with simple stress fighters throughout the day
3. Ignite: Light up your mornings so you're physically and emotionally grounded

Insanely Productive Meetings: It's estimated that 34% of meetings end up as wasted time and the average wasted cost is \$150-\$350 per hour. Meeting heavy cultures leaves little time to focus on getting work done and building critical skills. 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 valuable goals and outcomes
- Re-thinking the current meeting model

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**

"Best speaker of the day! Very engaging and applicable information." - **Julie B., UBS**

"What a phenomenal session! She was an energy-filled speaker with great content. This session allows you to walk away with actions you can implement the very next day." – **Rachel L., Colgate-Palmolive**

"Wow! A life-changing 30 minutes. I didn't want it to end!" – **Jean K, Waddell & Reed**

PARTIAL CLIENT LIST

Novartis Pharmaceuticals, Colgate-Palmolive, UBS, Vanderbilt University, State Street, Tractor Supply Company, Belmont University, National Association Of Women MBA's, Country Music Association, Women's Council Of Realtors, National Association of Productivity & Organization, American Association Of Dental Office Managers, Working Mother, National Association Of Sales Professionals, TN Bar Association



**Hire Mridu to speak at
your event today!**

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