



MRIDU (MRI-THU) PARIKH

CORPORATE TRAINER | COACH | AUTHOR | CEO

Get Time Smart: *Save 10 Hours A Week With 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 leave little time to focus on completing work and building critical skills. Better meetings aren't about more structure, they're about smarter strategy. Discover:

- The secrets to dynamic meetings that spark engagement
- Powerful techniques to turn meetings into extraordinary outcomes
- Strategies to transform meetings from time-wasters into powerhouses

Keynote Presentation or Hands-On Training:
In Person or Online

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Mridu Parikh helps busy people focus, ditch overwhelm, and build simple systems for performance & well-being.



📞 917.699.5495



✉️ mridu@lifeisorganized.com

🌐 lifeisorganized.com

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