

SPEECH TOPICS

1. EXCEPTIONAL PERFORMANCE

with The TRloritize Technique

SUMMARY:

How to beat priority overload so teams are more productive, leaders more strategic and organizations more focused.

AUDIENCES:

Appropriate for mixed groups of executives and employees.

DESCRIPTION:

Peak performance and productivity expert Elisabeth Leamy helps individuals and organizations do exceptional work by adopting her counterintuitive prioritizing system. The barrier to greatness is having too many competing priorities. Priority overload is paralyzing for people and costly for companies. Ironically, the best intentioned are the most affected. But “when everything’s a priority, nothing’s a priority.” This causes a devastating domino effect for employees, executives, and their companies. Employees who burn out and quit. Leaders who don’t get a chance to lead. And organizations that inadvertently put their core business at risk.

There’s a simple solution to this complicated problem: The TRloritize Technique, her method for cutting through the clutter to identify your true purpose and top priorities so you can accomplish great things. But you don’t have to take Elisabeth’s word for it. She shares fascinating brain science and riveting business stories that reveal why her system works. Elisabeth’s mission is to help audiences conquer their competing priorities and achieve outstanding productivity and performance.

AS A RESULT OF THIS PROGRAM, AUDIENCES WILL:

- ▶ Zoom in on the right priorities using the TRI factors: TALENT, REWARD, IMPACT.
- ▶ Pursue those priorities with the right amount of effort—GOOD, BETTER or BEST.
- ▶ Minimize busy work, maximize deep work and optimize the most critical work.
- ▶ Trade doing *more* work for more *important* work.
- ▶ Reallocate their *existing* resources to achieve exceptional results.

2. STRATEGIC LEADERSHIP

with The TRloritize Technique

SUMMARY:

How executives can vanquish priority overload and reclaim their time, so they can pursue a visionary path and inspire groundbreaking work.

AUDIENCES:

Appropriate for all levels of executives or anyone who leads people.

DESCRIPTION:

This meaty keynote looks at priority overload and peak performance through a leadership lens. The headline: Priority overload prevents leaders from leading and organizations from excelling. Peak performance and productivity expert Elisabeth Leamy helps executives invest their time wisely by sharing The TRloritize Technique, her 3-step system for prioritizing a portfolio of responsibilities. But time management is not enough. Elisabeth argues we must master “effort management” to take our productivity and performance to the next level. She transfers lessons from the fast-paced world of broadcasting to the big-stakes world of business.

There is a tipping point when successful organizations are growing so fast and doing so well that they exuberantly take on too much. Faced with too many strategic priorities, leaders end up spending most of their time putting out fires. They’re robbed of time for planning and strategizing, mentoring and innovating. In fact, research shows companies with the most strategic priorities have the lowest revenue growth, whereas those with the fewest, have the highest revenue growth. It literally pays to prioritize. Veteran executives will leave with a fresh new way of looking at a frustrating old problem.

AS A RESULT OF THIS PROGRAM, LEADERS WILL:

- Flip how they spend their time from mostly reactive to mostly proactive.
- Recognize when to commit their minimum, medium or maximum effort to a project—and when not to do it at all.
- Delegate in a systematic, sensible manner that frees them *and* gives subordinates opportunities.
- Prioritize by considering: their team’s true TALENTS, where they can reap the richest REWARDS and how they can make a positive IMPACT along the way.
- Inspire their people with an unwavering vision of their organization’s purpose.

3. RADICAL PRODUCTIVITY

with The TRloritize Technique

SUMMARY:

How teams/employees/individuals can prioritize their time and assignments, be more effective, less stressed and do exceptional work.

AUDIENCES:

Appropriate for employees, teams and individuals.

DESCRIPTION:

In this enlightening yet entertaining talk tailored for employees, peak performance and productivity expert Elisabeth Leamy shares her simple TRI Tool for sifting through competing priorities to set yourself up for excellence. Priority overload makes it difficult for employees to decipher what matters most to their organizations. Consequently, well-intentioned teams often devote time to bureaucratic work instead of the brain work they were hired to do. Disengagement and absenteeism go up. Motivation and performance go down. Soon employees are stressed out, next burned out, then...they leave. It's a terrible waste of time and talent that costs millions.

Research shows there is a direct line that leads from prioritizing to peak performance and productivity. Elisabeth coaches teams to ensure all of their work meets a baseline quality threshold, while redirecting resources to the most important projects to make them shine. Equally important: she reminds employees how their role connects to the organization's higher purpose. The TRloritize Technique is so clear that teams are already planning how to conquer their competing priorities and amp up their productivity and performance before Elisabeth steps off the stage.

AS A RESULT OF THIS PROGRAM, TEAMS WILL:

- Learn a simple, systematic way of prioritizing their work—and their lives.
- Recognize the difference between tasks that are in-your-face versus important.
- Calibrate their energy and effort depending how consequential the assignment is.
- Ditch pointless perfectionism and embrace pragmatic prioritizing.
- Feel focused instead of frantic, fired up instead of burned out.

4. BEAT BURNOUT

with The TRloritize Technique

SUMMARY:

How to use The TRloritize Technique at both ends of the spectrum: to tamp down burnout and amp up achievement.

AUDIENCES:

Appropriate for executives, employees or both.

DESCRIPTION:

This practical yet inspirational keynote shows audiences a totally different way to approach work that is *less stressful—and more effective*. Peak performance and productivity expert Elisabeth Leamy introduces a contrarian approach that helps audiences carve out space and time they can use to do better work—or to achieve better work-life balance. We have been taught since we were toddlers: “Always do your best.” Elisabeth’s alternative message is that all of our work must be GOOD. Much of it will be BETTER. And that allows us to conserve time and energy to make our BEST exceptional.

Hard work alone does not cause burnout. Occupational psychologists have found the recipe is hard work + lack of control + inadequate resources + disappointing results. The TRloritize Technique addresses all of these morale-killers. Elisabeth’s system gives people control over their level of effort. It reallocates our *existing* resources so that we invest our BEST in worthy goals that actually matter. And it reframes our results: If we make our less important work “good enough” *on purpose* instead of *by accident*, that same exact work is a success *instead* of a failure!

AS A RESULT OF THIS PROGRAM, AUDIENCES WILL:

- ▶ Put an end to indiscriminate overwork and invest their time and talent thoughtfully.
- ▶ Rethink their expectations of themselves and their colleagues.
- ▶ Stop feeling depleted all the time and start feeling inspired again.
- ▶ Regain control over their work, their lives—and their future.
- ▶ Tap into the power of prioritizing to make *all* of their work GOOD and their BEST extraordinary.