

Elisabeth Leamy

TRloritize™

3 Proven Steps for **PEAK PERFORMANCE & PRODUCTIVITY**

Elisabeth helps audiences do the **BEST WORK** of their lives by conquering their **COMPETING PRIORITIES** and focusing on what **REALLY MATTERS**.



MEET ELISABETH LEAMY

[Watch Elisabeth's Demo Reel ▶](#)

Riveting speaker who shares a prioritizing system she developed to do outstanding work amid the chaos in the relentless world of broadcast news.

Good Morning America alum and 13-Time Emmy Winner who audiences know from her 25 years on TV, her Washington Post column, and two books.

Competing priorities are a stubborn problem. Elisabeth's TRloritize Technique is a startling solution. Audiences are guaranteed to lean in and listen.

SUM HER UP IN SECONDS

Elisabeth delivers a meaty keynote packed with vivid stories and fascinating brain science punctuated with eye-opening business stats and genuine belly laughs.

She sets the stage by sharing her own struggle to juggle and gets her point across with everything from an Albert Einstein brain study to the time a goat ate a hole in the seat of her dress on live TV!

Her system is so simple, people are already planning how to overcome their priority overload and achieve peak performance before she steps off the stage.



ELISABETH'S KEY THEMES

[TRloritize Explainer Video ▶](#)

You can achieve anything you want. ANYTHING. But not everything. Because the key to doing great things is not trying to make everything you do great.

Make all of your work GOOD and much of it BETTER, which will conserve time and resources to make your BEST exceptional.

Use these proven metrics to prioritize:

Does this goal align with my—or my organization's—true TALENTS?

Does it have the potential to reap rich internal REWARDS?

Does it have the merit to make a positive external IMPACT?

ELISABETH'S FEATURED KEYNOTE:

Exceptional Performance with Elisabeth Leamy's TRLoritize Technique

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. Multiple studies say priority overload is the biggest problem in business today: 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. Ironically, the most affected are the best-intentioned.

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. Everybody talks about working smarter, not harder. But nobody talks about HOW you do that. Elisabeth shows you how.

ATTENDEES WILL learn to:

Zoom in on the right priorities using the TRI Tool 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.

Other Keynote Topics:

FOR EXECUTIVES: Strategic Leadership with The TRLoritize Technique

FOR EMPLOYEES: Radical Productivity with The TRLoritize Technique

FOR ALL: Beat Burnout with The TRLoritize Technique

Keynote Categories

Peak Performance

Productivity

Personal Development

Stress and Burnout

Well-being

Work-Life Balance

Goal-Setting

Leadership



TOP 3 REASONS TO BOOK ELISABETH:

1

Customized, not cookie cutter

Elisabeth uses her interviewing skills to get to know select members of your team so she can curate the perfect program that is sure to resonate.

2

Two for the price of one

Elisabeth is happy to throw in a breakout session, moderate a panel, or emcee an event for free if you book her for a main stage keynote.

3

Professional AND Personal Development

The TRLoritize Technique is just as useful at home as at work. Audience members may come because they're supposed to—but they stay because they want to.

SCRIPPS

"Actionable genius. The TRloritize Technique transformed my team."

Holly Gauntt
Director



"By far the most useful...seminar...that I have ever participated in."

Jeff Olson
President & CEO



"Smart and clearly very good at understanding the audience... Everything was spot-on and highly relevant."

Leah Thayer
Vice President



"Working with Elisabeth...we smashed every record and doubled our revenue."

Suzanna Kang
Director



"Amazing session! Valuable, relevant information. Very clear and organized with a perfect sense of humor."

Genice DeCorte
CEO

ELISABETH'S AUDIENCE FEEDBACK

ELOQUENT RELEVANT
ENLIGHTENING VALUABLE EXCEPTIONAL
FUNNY ENERGETIC RADIANT
CAPTIVATING ACTIONABLE
ENGAGING SELF-DEPRECATING POLISHED WARM
PROFESSIONAL UPLIFTING MEMORABLE
HIGH-ENERGY CLEAR ENTERTAINING
INTERESTING SINCERE HUMOROUS SPOT-ON



"Radiant and a huge draw, empowering a captivated audience."

Todd Mark
Vice President of Community Relations



"11++ out of 10! A wonderful presenter. Great way to end the conference!"

Nicole Harris
President and CEO



"Best speaker of the day— Actually of the decade. Elisabeth is gifted."

John Henrehan
Delegate



"She obviously did her homework on the audience. Greatly appreciated!... Engaging, funny, relevant."

Jennifer Salopek
Editor-in-Chief



"A master storyteller. People are still quoting her most memorable lines."

David Rowland
Fannie Mae



Elisabeth has Served:



Elisabeth has Appeared:

