



Includes content from Dave's LinkedIn Learning courses: *Time Management Fundamentals* & *Balancing Work and Life*

"Dave Crenshaw demonstrates how multitasking is, in fact, a lie that actually wastes time, energy, and money... 'switchtasking,' as Dave calls it, not only uses up more of our resources, but it also diminishes our overall productivity."

Chuck Norris
Actor and Martial Artist

FINDING FOCUS IN A WORLD OF CHAOS: HOW TO TAKE CONTROL, GET MORE DONE, AND HAVE MORE FUN!

Feel like everything's moving too fast? You're not alone. But there *is* a solution, and it's surprisingly simple. In an engaging keynote speech that is equal parts practical *and* motivational, Dave digs deep into his humorous and touching experiences of being off-the-charts ADHD and his work coaching successful leaders worldwide. Dave will help you regain control and improve the quality of your work, all while feeling more balance and happiness in your life and career!

TAKEAWAYS:

- Why multitasking slows you down and what to do about it
- Why more than one work week of every month is completely wasted
- How to focus on your most valuable activities
- How to respond to workplace interruptions
- How to take control of technology, including email and smartphones
- How to budget your time and lower your stress
- How to grow your career and still have time for family and friends
- And much more...

Want to learn more and see Dave in action? Visit [DaveCrenshaw.com](https://davecrenshaw.com)