

# KELLY TYLER'S MASTERING THE ART OF MULTITASKING

**NOT**



When Kelly Tyler discovered that pharmaceutical companies were working on pills to make our brains work faster, she dove in to the subject of multitasking head-on. Much to her surprise, she learned that research actually reveals multitasking slows us down!

Kelly's brain works differently than most. While the rest of the world is trying to convince us to multitask more, Kelly's take is the opposite: slow down and focus. Kelly advises audiences to worry less about fitting more in and more about living All-In.

In 2010, Kelly captured the All-In message of high performance in the book *Put Your Whole Self In! Life and Leadership the Hokey Pokey Way*. One of the All-In strategies is to Give All, which means to focus on your life's priorities. *Mastering the Art of NOT Multitasking* stems from that strategy.

In this program, participants learn:

- The latest research about how the brain works—take the pressure off yourself!
- How to release the guilt of feeling like you're not doing enough.
- 5 strategies to employ to stop the madness of multitasking.
- How to let others win the competition of the overbooked, overworked, and overwhelmed!
- How to stop getting whiplash from life's requirement that you wear many hats throughout each day.

## ABOUT KELLY TYLER

Kelly Tyler brings the All-In message of high performance to clients as a speaker, consultant, and trainer. Kelly is an award-winning speaker, and published author, who brings solid business experience and education (including a BA from St. Mary's College, Notre Dame and an MBA from Rockhurst University), along with positive energy and updated material to each engagement. Clients rave most about her motivational, yet practical, presentations and genuine demeanor.

Kelly has spoken internationally and in every state in America. Her audiences range from customer service associates to executives; from engineers to architects; from attorneys to financial advisors. Clients include Bank of America, SHRM, APWA, Sprint, Smith Barney, Chrysler, Mercedes, UMKC, Ingersoll-Rand, Hallmark Cards, Midwest Research Institute, and Kansas University Medical Center.

## IN OTHERS' WORDS...

"Kelly knows how business works. So you can rest easy knowing that her approach is realistic—you won't get ideas that just work in theory. Instead, **she gives you common-sense solutions you can apply right away to get results.**"

"Kelly also knows what motivates people and how to inspire fresh thinking."

"Kelly is simply the best I have ever been associated with at what she does. **Not only is she the consummate professional, she is as genuine a person as you will ever meet.**"



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