



# Leslie Josel

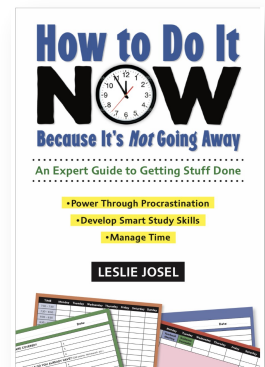
Keynote Speaker & Award-Winning Productivity Expert



An internationally-respected resource on productivity and procrastination, Leslie Josel is a media favorite; having been featured in Forbes, The Washington Post, The Huffington Post, The Hallmark Channel and many more media outlets, in addition to writing her own weekly “**Dear ADHD Family Coach**” column for ADDitude Magazine.

With her energy, engaging wit and common-sense approach, Leslie has won over audiences all over the world. Known for her content-rich and interactive presentations, she uses her “**Tales from the Trenches**” and trademark “**Triple T’s**” (tips, tools and techniques), to untangle such complex and emotionally-charged subjects as **Productivity vs Procrastination**, **Time (Mis)Management** and **Maintaining Motivation in an Unfocused World** to name a few. Whether making a keynote address, leading a workshop or moderating a panel, participants all come away from Leslie’s appearances with a better understanding of the challenges facing them and a notepad filled with actionable next steps.

Named by Global Gurus as one of the top **Time Management Experts** in the world five years in a row, Leslie is also the award-winning author of 3 books, including the recently published, **How To Do It Now Because It’s Not Going Away: An Expert Guide to Getting Stuff Done**.



## Most Popular Talks

### ***The Prequel To Productivity: Understanding What Truly Is Getting In YOUR Way***

Time is one of our most precious resources, yet we battle daily to make sense of our relationship to it. Leslie will analyze the social, emotional, and intellectual elements that rob us of our productivity and pinpoint key tools towards reframing these roadblocks. In addition, participants will create their own “Personal Productivity Profile” in order to maximize best practices.

### ***How To Do It Now Because It’s Not Going Away: Powering Through Procrastination***

Let’s face it. Everyone procrastinates. And while we’re all wired to put things off, we also have the capacity to manage this tendency. In this workshop, Leslie will dive deep into the different types of procrastination, explain how “mood” is one of the leading causes of procrastination, dissect the differences between time management and motivation management, and share how your environment plays an ENORMOUS role in how you get things done.

## Partial Client List



Morgan Stanley



M BOOTH



THE UNIVERSITY OF TEXAS  
MD Anderson  
Cancer Center

COWEN

## What People Are Saying

“ I keep hearing all the glowing reviews from our MD Anderson parents who attended your workshop on distance learning and procrastination. You were simply amazing.  
— Janice Simon, Leadership Practitioner, University of Texas MD Anderson Cancer Center

“ We were blown away by your talk. Thank you so much for coming to talk to us about procrastination and how to manage our time! The attendees could have listened to you all day.  
— President's Council of Cornell Women, Cornell University

“ Just got home from attending your presentation and I must say you were amazing! Your energy, passion and love of what you do was truly present today. Our employees are still raving about how great you were!  
— Jamilya Pegram, Amscan, Inc.

## Hire Leslie To Speak at Your Next Event

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