

# Death of a Workaholic

with

Jenny Lynne



Find the off switch to turn up your results.



## Time is Finite



You are surrounded by **pressures** to manage.

Calendars overflowing. False urgency. An industry that honors **working beyond limits**.

But your best work doesn't happen when the work is driving you. It happens when you are driving it.



## Takeaways



How to use space to solve the problems you have

How to set priorities & boundaries that work

How to channel community

How to turn off the pressures in your mind



## Experience Highlights



- Experienced PMO & Operations Leader leading budgets up to \$200M and teams over 50 people
- **Small business operations** company founder with a **successful sale & exit**
- **Expert workaholic** and **single mom** who went from **70-hour weeks** to **30-hour weeks**, all while putting food on the table



## Audience Reviews



"Not only is she fun and engaging, she **delivers high-value strategies** that I was **able to implement immediately** for my business. I also appreciate that Jenny shares her personal experiences related to innovation and creativity. Honestly, I want more."

Kate DiLeo

Founder, Brand Architect & International Best Selling Author



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