



Consultant and speaker **Christine Giri**, AKA The Time Tamer, works with high-performing entrepreneurs and business professionals to increase individual and organizational performance.

Christine is available to speak and consult on a variety of professional productivity topics including Time Management, Workflow Processes and Effective Delegation. With humor and insight, Christine's straightforward style and ability to deliver valuable content will empower your audience to improve their productivity and grow their organization.

Presentation Topics

Unleash the Power of Focus: Capture More Time, More Effectively

Do you know exactly what you want to accomplish, but never have the time to do it? Discover how to **take control** of your schedule, shrink your inbox, and develop processes to help you capture more time, more effectively. In this rapid fire world, eliminating wasted efforts allows you to be less constrained by time and more open to **getting things done**. The results will bring you back to what is important in your work and in your life.

Processes to Protect Your Time

No matter how many people you bring on board, are you frustrated that you still have to be accessible every minute? Do you get the same questions from your team members over and over? Then it's time to take your processes out of everyone's head and put them on paper. Learn the **three critical ways to improve** your business or organization by putting in systems. **Protect your time** and focus on what is important.

Time Tamer Tips for Social Media in 30 Minutes or Less a Day

Productive Social Media is not an oxymoron. Is your head swimming with everything that you "should" be doing in social media? Take a deep breath; learn how you can use Twitter, Linked IN and Facebook to boost your **credibility, build your brand** or **grow your business** in less than 30 minutes a day. It doesn't have to be the black hole of your day

Speaker Reviews

"Christine was a dynamic and engaging speaker. She shared valuable information that could help our entire group be more productive. Thank you for helping us focus on a very important aspect of our professional lives."

JT Long, Chair, Sacramento Press Club; Seminar Committee

"Christine provided excellent insights on time management--and time wasters!--to the Project Management Institute-Sacramento Valley Career Development Forum. As project management professionals, we really appreciated her concise approach to improve personal scheduling effectiveness and her insights on using professional networking. Christine is a star presenter and coach."

Chris Moore, PMP & CSQE

"You made us laugh, doubled over!! Thank you for an entertaining presentation and your tips on clearing out your email inbox by day's end. I will institute them immediately. You are an accomplished speaker & FUN. Thank you."

K.Clarkson-Clay, The New Car Concierge

"I wanted to share with you that I told someone yesterday about your idea on the email to zero each day and he was so inspired that he emailed me last night at 1:00 a.m. that he had just finished deleting 4,000 emails! So thank you for the great tip, I was happy to pay it forward."

B. Conway, Greenrock Realty