

## ***Doing It All in Eight Hours Without Going Crazy!***

We all have the same number of hours in every day, yet some people seem to fit so much more into them. We are trapped by our assumptions, which make us feel that our time is controlled by those around us. In this highly participative, informative, and entertaining hour, you will learn how to spring your time trap by: (1) exploring your assumptions, (2) identifying what invests you in poor time management behaviors, and (3) learning time management tricks, such as the "swiss cheese approach" to complete large projects. Isn't it time that you took control- of your time and your life?

### **BIO:**

Deborah Spring Laurel has been a trainer and a consultant in the areas of workplace learning and performance improvement for over thirty years. She is the principal of Laurel and Associates, Ltd., an international training and consulting firm. Deborah has her Masters Degree from the University of Wisconsin- Madison, where she was adjunct faculty for twenty years, She is currently the President of the South Central Wisconsin Chapter of the American Society of Training and Development.

Web Version:

([www.laurelandassociates.com](http://www.laurelandassociates.com))

### **Deborah Spring Laurel**



Deborah Spring Laurel has over twenty five years of experience in training and development, including sixteen years as President of Laurel and Associates, Ltd. She has designed and presented over one hundred and forty different skill-building workshops on various topics, all of which have been **tailored** to meet the specific needs of her clients.

Since studying with Dr. Madeline Hunter of UCLA to become proficient in the **Mastery Teaching Model**, Deborah has provided train-the-trainer seminars and certification programs on a **national** basis for over ten years, and on an **international** basis since 1998. In 1992, she was selected the **Wisconsin Trainer of the Year** by the Small Business Development Center.

Deborah is also a **Certified Professional Consultant to Management**, with twenty-four years of experience in human resource management, organizational development, and performance consulting. She has her **Masters Degree** from the University of Wisconsin- Madison.