

“Before taking the 5 Choices Webinar, my inbox had over 7,000 e-mails, my tasks list was a mess of red flags, and my calendar wasn’t really a calendar, but ANOTHER “To Do List”. After the webinar, my inbox remains at zero. I’ve got folders to keep my e-mails, my task list is organized with actual tasks/due dates/detailed descriptions, and my calendar is what it should be, a calendar.”

“I have started exercising more and eating better and taking time out when I need to. I’m also reconnecting with people. Being with those who matter to me is very important and completely energizes me.”

“I just finished my re-assessment and saw a big difference. I didn’t think I could improve much from my original score, but I was very wrong. Huge improvement across the board. Thank you for the excellent insights into being more effective at work and in life!”

“This course is the perfect balance of personal and career-oriented improvement. It demonstrates how the two affect one another and how both require attention.”

“Great education on the use of Outlook, putting priorities and activities into appropriate quadrants, how best to manage them, and how I can better use technology. Great ideas around how to deal with stress and other energy drivers. Many good ideas to help me as a future multi-unit leader on how I can help the general manager be more productive.

“The course provides key foundations in time-management skills along with practical tips, tools, and resources to boost productivity. I learned to identify key personal and professional roles, which provide great motivation to be better and become extraordinary.”

“It is very applicable to real life and to work experiences. Even though many practices that I already utilize were refreshed, I was able to identify methods to strengthen those practices.”

“I appreciated the practical tips for scheduling, organizing, and using Outlook. Also, I liked the mix of discussion and videos. The course materials are absolutely top-notch.”

“I think in a busy work environment, as most employees work, it is important to have a course like this help to realize and assist in time management.”

“The program was very exact. I will be able to apply these principles in my professional life and personal life. I feel it will make things go smoother and I can be more productive on both levels.”

“Excellent alignment to the *7 Habits* and *Leadership* system. Great tips for using Outlook. I love the Technical Guide.”

“Thought the training was excellent and included immediate ways to implement. (Ultimately this will change my behavior.)”