



## Make the Decision of This Decade **And** Jump Start Momentum...

### *Get Organized Once and For All!*

Will “be more organized” or “simplify my life” or “find more me-time” be on your 2011 New Year’s Resolutions list? Are you on top of everything, but can’t get to the bottom of anything? Do you want a healthier, less-stressed, more productive, and happier life?

**Getting Organized** is the #3 New Year’s Resolution behind #1 - Losing Weight and #2 - Quitting Smoking. As Weight Watchers and Smoke Enders has shown, it doesn’t have to be hard if you’ve got the right program that helps you, step by step, to adjust your habits.

### **“Get More *Life* out of Life”**

The Momentum “Get More *Life* out of Life” program teaches you simple ways you can get and stay organized. Whether you work out of your home office, or in a corporate environment, having a system that will help you get control of your workload will make a difference in your life!

Over the course of two hours, Wendy Ellin, President of Momentum Productivity Consultant & Training will share with you her strategies for increasing focus, organization and productivity in the workplace...YOUR WORKPLACE! The seminar will include:

- ✓ **Tools for setting up and implementing the Momentum System**
- ✓ **Techniques for managing email overload**
- ✓ **Strategies for maintaining and sticking with the system once implemented**
- ✓ **Techniques for overcoming self-defeating behaviors such as multi-tasking, procrastination and perfectionism**
- ✓ **Exercises to demonstrate how to use your time rationally, reasonably and productively**



### About Wendy Ellin:

As founder and president of Atlanta, GA-based Momentum, Wendy Ellin is dedicated to helping people 'get more *life* out of life' through a variety of organizational systems, tools and techniques. Wendy came to the organizing industry with over 20 years of corporate business, sales and entrepreneurial experience. Her roles in radio sales, radio sales management and executive administration give her a broad perspective on what it takes to be organized and successful in business.

She developed The *Momentum Method* to meet the needs of businesses, organizations and individuals who can benefit from having a foolproof system for running their personal and professional lives.

The *Momentum Method* gives you a process for making quick, simple decisions that yield sustainable results in every aspect of your life. It's these simple techniques that help jumpstart momentum in everything you do.

Wendy's approach to training is engaging, interactive, and with a "let's make a difference in your life" attitude. She is 100% passionate about helping clients develop solutions to a wide variety of problems related to lack of organization. Her goal is not to change who you are, but to change the way you address your challenges for the sole purpose of having *Momentum* in your life.

Wendy has two grown daughters and lives in Atlanta, GA with her husband, Marty Ellin.