

Helene Segura Speaker Intro

I have a couple of questions for you:

- Have you ever uttered these words at the end of the day: “I was so busy, but I got nothing done!”?

Or what about:

- Do you wish you had more time in the day?

If you answered yes to either, you’re in the right place!

Our presenter today believes that life is too short to be spent working ourselves into frazzled stressballs. She has been the featured organizational expert in more than 200 media interviews and is the author of four books – two of which were Amazon best-sellers. She’s coached hundreds of clients to productivity success and delivered keynotes to thousands of entrepreneurs, educators and “professionals on the go” – teaching them how to regain control of their hectic work and personal lives and curb a very expensive problem: lost time.

[Born and raised in Los Angeles, a former soccer player for Texas A&M, and an avid world traveler, her wide variety of life and work experiences allow her to offer unique insight and assistance to help her clients improve efficiency, lower stress levels and increase profitability.]

[[When she’s not helping go-getters like you slay lost time as *The Inefficiency Assassin*™, she can be found sneaking adult beverages onto the lawn bowling court.]]

Please join me in welcoming a devout cheese eater and nerdy spreadsheet-lovin’ number-cruncher who’ll share her <*insert presentation title here*>...

Helene Segura!

(pronounced: Heh-Leen Seh-goo-rrruh)