



## SYNCHRONICITY

FRIDAY, May 29, 2020

9:30 AM – 12 PM

Registration\*: \$199/person

Spouse/Partner: \$100

Virtual Training Platform, with built in breaks



### SYNCHRONICITY: The Art & Science of Peak Productivity and Time Management

Synchronicity is a departure from traditional views of getting things done. Too often, the emphasis is on the list—tracking tasks, and keeping details on a calendar or in a smartphone. But the most productive people operate with a different perspective and belief system. They know when to do what—aligning different activities with their peak or plateaus during the day: **TIMING IS EVERYTHING.**

In this program, you will better understand your chronotype—your circadian rhythm that reveals the time where you peak or plateau, so you can capitalize on your strengths, and schedule tasks around your daily rhythms. You will also understand the psychology of peak productivity and how to use your mindset and skillset most productively.

#### Topics:

- How to ensure that each activity has a purpose, driven by values or talent.
- The difference between the routine and the high-priority task
- How to recognize and leverage pockets of time
- Your chronotype: where and when do you do your best work?
- The benefits of micro- and macro-planning
- How your beliefs influence your productivity
- The power of intention

Social distancing and teleworking has removed the familiar structure to our days and routines. People now have many new freedoms: working from home, no commutes, efficient lunch hours--however, these additional hours put back into your day can lead to either procrastination or a significant boost to your productivity—if you operate with a different mindset!

This interactive workshop explores best practices and productivity pitfalls, leaving participants with a fresh view of how to approach managing multiple priorities.

**Presented by Ken Lodi:** Creator of *Synchronicity*, Ken Lodi is a business coach, author and professional speaker. He has delivered over 3,000 presentations in 5 countries and worked as a behind-the-scenes coach to people in sports and entertainment. He has produced several corporate training videos, and provided the voice-over for many successful audio programs. Ken has been featured as a subject matter expert on NBC and ABC news.



**\*REGISTER NOW** → Contact us at (323) 833-9933 or [info@stratlearning.com](mailto:info@stratlearning.com)

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