

Gina Cotner, Founder & CEO of Athena Executive Services

Scheduling master



Title: I'm going to live a balanced life, as soon as I find the time

Summary:

You will come away with a new perspective and a new view about how you relate to this thing we call "time", leaving you with new possible actions to take when it comes to scheduling your life, and how you choose to use your time. You will see how crazy we all are when it comes to "time" and our schedule - crazier than we are about money! You will find new insights and ideas about how to be in control of your schedule, your time and how your time gets spent. This talk will leave you with the opportunity to get back to being the author of how your days and weeks go. You will discover how to use the 24 hours in a day that you've been given to forward your purpose and passions in life, versus simply surviving what is coming at you.



Format:

- This is a 20 minute talk + 10 minutes of time to work on a worksheet that can be done with peers (for example, around a table together) + 5 minutes of Q&A.
- If there is more time available, all three of those elements can easily be expanded, to create even more value for your group.

Key Elements/ Points:

1. Money can be made. Time cannot. If you waste \$500 in Vegas you can earn it back. If you had a day recently where you were overwhelmed and took on too much, and it left you tired and cranky, not being great with your kids, and gave you a headache, you don't get that day back. There is no "do-over" on that day.
2. Unlike Money we are all given the same amount of time in a day: 24 hours. Yet, we relate to time like we have more than we really do, leaving us trying to fit a 36 hour day into a 24 hour day.
3. Is having a peaceful and sane schedule that serves you, selfish? No. Why? We will explore and get present to the benefits to you and those around you, when you choose to live a balanced life.

What people have said after this talk!

"Thank you again for your presentation on Time at the WBO luncheon. I shared with a very accomplished group of business women about the concept of how we look at money and time - finite or infinite. As I profess that it's not brain surgery but it's a simple concept with a deep message. They ALL loved it. You have an important message to share." - Annette Bond, Business Owner



"Hi Gina. I just wanted to reach out and tell you how much I enjoyed your presentation to WBO on Thursday. I had some amazing takeaways that I began implementing immediately...beginning with blocking out time on my calendar for ME and following-through on making that a priority in honor of myself. :) Thank you for the inspiration!"

-Kristen Lomax, Director of Marketing

"Thanks Gina. Presentation was A+ and I'll be spreading the word about you and Athena." -Stacia Hofmann, Attorney and Business Owner

"It was so great hearing your talk and meeting you yesterday! I also coach business owners how to have balance in their work and you taught me some new things and perspectives! I was sharing on Facebook how after your talk, I went and sat on my porch in the afternoon instead of rushing in to do work. I've NEVER done that before, so THANK YOU! It's very inspiring to see someone who was an executive assistant, now have her own business and doing public speaking as well!! I may want to interview you at some point for an article for my career coaching clients. You are a great speaker and you gave great insights to everyone in the room. I will definitely be happy to refer business to you! -Jennifer Kim, Coach and Business Owner