

How to Get It All Done Without Losing Your Mind

Do you begin your day optimistically with a list of “tasks” and end the day feeling frustrated or overwhelmed that you can never seem to get through it all?

Discover the secrets of highly productive and successful entrepreneurs and business people. Explore the primary daily activities that can transform your life, reduce stress, and maximize your impact at home and in the office. Learn how to set your **G.O.A.L.S.** and identify specific tactics to manage your responsibilities and expectations. Dr. Donna Galante, a board-certified orthodontist and private practice co-owner for 30 years, has studied the most successful thought leaders and business people in the world today. She will share the strategies she has learned and mastered to maximize her own time and minimize her stress.

Gratitude
work Out
Action plan
Love
Silence



This presentation is candid, humorous, and from the heart. Attendees will leave feeling motivated and have a better understanding of what their time is worth and how to use it for their success. Attendees will learn that with discipline, delegation, and determination, they can complete their to do lists and much more.

LEARNING OBJECTIVES:

- Learn how successful and productive people achieve their goals and still have time for fun and relaxation
- Discover Donna's approach to G.O.A.L.S. and learn how you can easily implement them into your day
- Understand why time is your most valuable commodity and how to treat it with respect
- Examine how to manage your daily schedule for maximum productivity and minimum stress
- Gain strategies for eliminating “time vampires” from your life
- Learn how to earn your M.D. (Masters in Delegation)

Suggested Audience: Dental Professionals

Suggested Format: Partial Day; Lecture, Workshop, Keynote

