



Keynote Abstract

Beyond the Hype

Practical Strategies for Real World Productivity

AMY TOKOS, CPO®

Move beyond the flurry of productivity fads and buzzwords! This keynote equips you with practical strategies for achieving real-world results. Ditch the pressure for constant optimization and focus on progress, not perfection. Learn to implement actionable strategies that seamlessly integrate into your daily routine and discover effective tools and techniques proven to boost productivity in real-world scenarios. Craft personalized solutions that consider your unique goals, working style, and schedule. Finally, develop sustainable habits that ensure long-term success and well-being, replacing the allure of short-lived fixes.

LEARNING OBJECTIVES:

- Identify common productivity roadblocks and effective tools/techniques proven to boost productivity.
- Learn strategies that seamlessly integrate into daily routines and focus on achieving progress over perfection.
- Explore opportunities to build solutions and sustainable habits for long-term success and well-being

TARGET

AUDIENCE

- Professionals seeking practical strategies to improve their productivity.
- Individuals overwhelmed by generic productivity advice and unrealistic expectations.

NOTE TO EVENT PLANNERS:

Equip your attendees with practical strategies to conquer real-world productivity challenges! Beyond the Hype is an engaging presentation that shuns generic advice and focuses on actionable solutions. Attendees will walk away with identified opportunities that will boost productivity and help them achieve their goals - minus the hype!

THANK YOU FOR YOUR CONSIDERATION. I LOOK FORWARD TO HEARING FROM YOU.

Amy Tokos

AMY TOKOS CPO® BIO

As a Certified Professional Organizer, Productivity Coach & Work-Life Integrator, Amy specializes in crafting sustainable productivity solutions. With over 30 years of streamlining expertise: engineering, lean manufacturing, household wrangling (mom of 4!), and running a small businesses -she brings a unique background to help her clients achieve work-life harmony. Amy isn't just a productivity guru, she's a doer. Her insights have graced NBC Today, The New York Times, and more, and she even led the National Association of Productivity and Organizing Professionals as President (2021-2023). In addition, she shares her expertise and more on the Your Real, Your Ideal Podcast.



100% OF ATTENDEES TO DATE FOUND AMY'S SESSIONS VALUABLE

(DATA PULLED FROM TALKADOT FEEDBACK SURVEY)

Here is a little of what attendees are saying...

If you need motivation to get organized then listen to this!

Amazing tips and helpful tips to better my life. She was extremely authentic and real.

Simple informative system to become more productive, or determine you're more productive than you thought. Great tips and tricks to determine the strategies that work best for you.

I would like an Amy Tokos!
Amy's presentation is literally the healthy counter to self inflicted and social media influenced idealism about being organized and prepared.

Inspiring and motivational!

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