



Keynote Abstract

The R.E.A.L. Game Changer

Insights and Inspiration for a More Productive Day.

AMY TOKOS, CPO®

Feeling like you're constantly behind and can never get enough done? This keynote is your guide to the R.E.A.L. method for achieving sustainable productivity. Ditch the unrealistic schedules and fads! We'll focus on Realistic Scheduling, Essential Tasks over Everything Else, Authentic Solutions for Lasting Results, and Livable Simplicity. Learn to create a flexible schedule that reflects reality, prioritize what truly matters, and craft solutions that work for you. Discover how to achieve more with less stress and create a work-life balance that supports long-term success.

LEARNING OBJECTIVES:

- Develop realistic scheduling practices that consider unforeseen circumstances and buffer time.
- Learn to challenge the “one-size-fits-all” approach and create personalized productivity solutions.
- Explore strategies to identify essential tasks and create a sustainable work-life balance.

TARGET

AUDIENCE

- Professionals seeking a realistic and sustainable approach to productivity.
- Individuals overwhelmed by complex productivity systems and unrealistic expectations.

NOTE TO EVENT PLANNERS:

Supercharge your event with a insightful approach to productivity! The R.E.A.L. Game Changer equips attendees with actionable strategies to break free from the cycle of overwhelm. This engaging presentation offers a realistic and sustainable approach that empowers attendees to achieve more with less effort. Invest in your attendees productivity mindset and boost your event with this inspired message!

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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