



Keynote Abstract

Simplify Your Hustle

Achieve More with Less Effort

AMY TOKOS, CPO®

Ditch the glorification of constant busyness and burnout! This keynote is your guide to achieving more with less effort through the transformative power of "Simplify the Hustle." We'll explore practical strategies for prioritizing ruthlessly, leveraging automation and delegation, and embracing rest and recovery - all to unlock your potential for peak performance. Learn to challenge the unhealthy hustle culture and replace it with a sustainable approach that prioritizes well-being and empowers you to achieve more with less.

LEARNING OBJECTIVES:

- Challenge the glorification of busyness and prioritize well-being for peak performance.
- Develop a system for ruthlessly prioritizing tasks to focus on high-impact activities.
- Explore how automation and delegation can free up time and boost productivity.
- Craft a plan to incorporate rest and recovery strategies to manage stress and maintain energy levels.

TARGET

- Professionals seeking a realistic and sustainable approach to productivity.

AUDIENCE

- Individuals feeling overwhelmed by the pressure to constantly be busy.
- Anyone who wants to achieve more with less effort and create a healthier work-life balance.

NOTE TO EVENT PLANNERS:

"Simplify the Hustle" is a breath of fresh air for busy professionals drowning in to-do lists! This keynote equips attendees with actionable strategies to break free from the cycle of overwhelm. They'll learn to prioritize what truly matters, streamline their work and achieve lasting results. Invest in their well-being and boost your event with a message of empowered productivity!

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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