eNeRGy Coaching
Strategies for Work and Life Success

How full is your plate?

Success usually comes to those who are too busy to be looking for it.

-Henry David Thoreau

Natalie Gahrmann, MA, PCC

No one will argue that we are living in an age of busier lives, greater demands, higher expectations and seemingly constant pressure to do more. Yet, last time I checked, there are still only 24 hours in the day. Wasn't technology supposed to make our lives easier and give us more time for leisure? It hasn't happened. Instead employers have upped the workload as marketplace competition has become fierce, while our kids have become overscheduled with their extracurricular activities. Sound familiar?

The results of these relentless demands on our time and attention can have dramatic impact on our health, our relationships, and our jobs.

Moreover, the stress that comes from an overly full plate is having a major impact on the American workplace, as well. From lost productivity and absenteeism, to quality issues, and a rise in workplace conflict, employers are struggling to find creative and effective ways to help their people cope with the increased demands on their time and better focus on their jobs.

The bad news…things are not going to get better any time soon. Demands on individuals' time and attention will only increase. People can wring their hands, turn to medication, burry their face in their hands or lash out in frustration, or they can develop the strategies and tactics necessary to actually manage their overwhelming obligations.

A successful businesswoman, wife and mother, Natalie Gahrmann, MA was confronted with many of the same challenges as she struggled with managing the ever-increasing demands of her personal and professional life. Seeking to find the elusive "balance" professed by the so-called "experts," she came to find that the condition was unachievable. Even if balance could be attained, it was fleeting because her dynamic and ever-changing workload would quickly become unbalanced once again. Natalie came to understand that what she really sought was a way to better manage all that was on her over-full plate.

Drawing from her extensive experience as a corporate trainer, her Masters work in administration and supervision and her perspective as a certified executive coach, Natalie Gahrmann, set about unlocking the secret to effectively managing seemingly unmanageable workloads.

Realizing that nobody lives in a vacuum, Natalie came to understand that an individual's "plate" encompassed not only their work expectations, but everything that can occupy a person's time and attention throughout the day. And while it is widely expected that a worker leave their personal problems and issues at home, she found that too often stress, and external obligations, had a direct impact on work-place attention and effectiveness.

Now an in-demand author, speaker and consultant, Natalie Gahrmann works with organizations to underscore the causes of stress and productivity issues and teach their employees how to better self-manage their burgeoning workload – in all aspects of their lives. Using her proven tactics and profound insights, Natalie helps individuals understand that:

- Being super busy is not a badge-of-honor.
- We always have choices of what we put on our plate.
- Most successful and happy people make POWERFUL & CONSCIOUS choices.
- It's up to each individual to organize and execute around their priorities.
- If we want different results in our life…we have to do something different or do something differently.
- And, if you're plate feels like it's overflowing, it probably is!

Coach Natalie can help you define your values, priorities, and strengths so that you reach your fullest potential and maximize your personal and professional effectiveness!

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