



Introduction to use for a **BREAKOUT/TRAINING** session for Audrey Thomas

Let me begin with a few questions.

- Do you wish that time would stand still so you could catch up on all of the work in your office?
- Would you love to know how to reduce your incoming email by 20%?
- Are you ready to learn strategies that will provide immediate ROI once you return to your office?

If you answered “yes” to any of these questions, you are in the right place!

Our speaker today has been helping others **for over 20 years** and works with companies such as Boeing, Royal Bank of Canada, and UnitedHealthcare.

She has been awarded the **Certified Speaking Professional** designation, which less than 12% of all speakers receive.

When she’s not working, she loves being a **Nana**. Her hobbies include traveling, gardening, and target shooting.

With a goal today to “**Leave you better than she found you,**” please join me in welcoming,

from Minneapolis, Minnesota,

Speaker, CSP, and fan of deleting emails– **Audrey Thomas**, also known as **Organized Audrey**.