

GET OFF YOUR BUTS!

How to Make PROGRESS Instead of Excuses

“I was going to do that last week – but...”

Are you tired of feeling like you're always struggling to catch up, while you only wind up falling further and further behind? If you're ready to start making small changes that will have a HUGE impact on your life, step up to the plate and... Get off your “but...”s!

Tammy's 3 easy-to-remember keys give you immediate, actionable tools to use to begin conquering procrastination and creating new habits.

Tammy will share tools and techniques that will enable you to;

- Increase personal productivity at work AND at home
- Conquer procrastination
- Reduce pressure & stress
- Develop a highly effective mindset
- Feel better mentally and physically
- Have more energy
- Increase self-discipline... AND self-esteem!
- Have time left over for things you really WANT to do

Discover how to live a limitless life and finally...
FULFILL YOUR POTENTIAL!

**Contact Tammy to schedule a presentation
for your group or organization!**



Tammy Cook

Tammy is a lively speaker who keeps audiences entertained... while providing some very effective tips in the process!

Years of simultaneously working full-time, attending college, and nurturing a family honed Tammy's time management, focusing, and organizational skills. After leaving corporate America, Tammy entered the dynamic field of life coaching in order to help other creative spirits learn to better manage their time and energy. She offers a variety of presentations and workshops on time management, organization, and gaining focus.

Tammy's quirky humor and valuable expertise combine seamlessly to provide a lively and worthwhile presentation.

Tammy Cook
5306 N. Highland Dr.
McHenry, IL 60050
Phone: 847-409-3097
www.RenaissanceMinds.com