



Teresa Taylor, MBA COC

Your Personal Productivity Mentor

A **Taylor**edSpace

TALK SUMMARY AND SPEAKER INTRO

TITLE: Live Your Priorities, Love Your Life

SPECIAL GUEST: Teresa Taylor, MBA COC

Productivity Coach, Professional Organizer and Speaker

Does this sound familiar:

- You see time as the enemy because your busy life doesn't include enough hours in the day for all you have to do.
- You don't know how to get the important tasks done because everything feels important.
- You end the day feeling tired, overwhelmed and guilty because you tried to get it together and things still didn't work!

In this action-packed session you'll learn:

- **Why** your big goals and small tasks get stuck on your to-do list day after day. HINT- It's not enough to have a list.
- **How** to STOP worrying about what didn't get done and know what to start on first.
- **What** 5 secret questions to ask before adding anything else to your to-do list. You'll discover how to take back control of your success to ease the overwhelm and break free from just staying busy.

You'll leave with tools to achieve your priorities and love your life again!

Teresa Taylor is the founder of A Taylored Space, a productivity and organizing firm that shows professionals and entrepreneurs how to take back control of their success by streamlining their businesses, homes and lives. Teresa's definition of productivity is being able to do the things that matter most with the time you have available without going crazy. She's known for making productivity principles easy to understand and implement.

Teresa left the 9-5 world of working for a Fortune 100 company. She wanted to help other busy professionals have the great lives they worked so hard for because she too had experienced a period of really high activity that lacked a sense of achievement and happiness. She quickly realized that many other business owners needed support to stabilize and grow their companies and expanded her services to include entrepreneurs.

Drawing on 10 years of organizing and coaching clients, Teresa has developed systems to help entrepreneurs, leaders and professionals get out of overwhelm, reclaim time and move towards their vision of a successful life.

Teresa Taylor is an exceptional communicator!

She was a speaker at my Dance In The Sun Conference. She immediately pulled attendees in with her relatable down to earth stories. Her five productivity questions provided the audience with a blueprint to identify their most important priority. Many commented that they received the most value from her segment. Teresa also provided a complimentary productivity strategy session to keep attendees in action beyond the event.

Deep learning and transformation took place that day.

-Monique Moliere Piper
Piper Training Intl
Host of the Dance in the Sun Conference

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