

# Lorraine Bossé-Smith

## MASTER TIME MANGEMENT

Time ticks away at the same rate for each of us; yet, some appear to accomplish much more than others. How we manage our daily events determines our level of success.

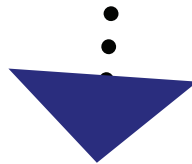
Learn the secrets to achieving more in less time by rewiring your approach to time management with this powerful program that will positively impact your entire life!

*"We are all given the same amount of hours in a day.  
What will you do with yours?"*

Lorraine Bossé-Smith

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## THREE TAKE AWAY BENEFITS



Participants will:

- Determine their present productivity level and discover areas which can be improved.
- Learn methods for increasing productivity with the concept of event management.
- Gain strategies for overcoming time traps and how to get more done in less time!



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Phoenix, AZ 85086

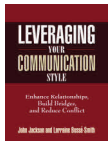
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## AUTHOR OF

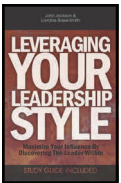
### *Leveraging Your Communication Style*

Open the doorway to better communication with this informative book on the different communication styles. Learn how to avoid conflict, build stronger relationships and create better teams.



### *Leveraging Your Leadership Style*

Discover your unique leadership style and how to motivate and inspire others based upon their unique leadership style. Includes a study guide!

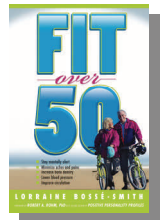


*Check out more of  
Lorraine's books and fitness DVD's at:*

[www.lorrainebosse-smith.com](http://www.lorrainebosse-smith.com)

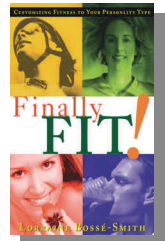
### *Fit Over 50*

Make your next chapter of life your BEST by understanding the aging process and how you can maximize control over 70%! In order to have a healthy tomorrow, start by getting fit today with this encouraging and helpful book.



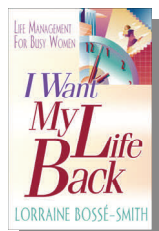
### *Finally FIT!*

This is not a one-size fits all approach to fitness. Readers will discover their unique FIT (fitness individuality trait) and develop a customized program specifically for them. Set up for success, for the first time, readers will become Finally FIT!



### *I Want My Life Back!*

Achieve balance in a fast-paced world; Reduce your overall stress levels; Put enjoyment back in your life and enjoy greater physical, mental, spiritual well-being.





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Lorraine-Bossé-Smith](https://www.facebook.com/pages/Lorraine-Bossé-Smith)

@Lorrainebosse  
#FITLeader

Lorraine has spoken to small and large groups alike. Some of her satisfied clients include:

- Camp Pendleton Marine Base—CA
- McCrometer, Inc.—CA
- Alliance Med—AZ
- Telgian Corp—AZ
- OK Music Teacher's Assoc. Conference
- Discover Financial Services—AZ
- Hach Company—CO
- ATD CA & CO
- Women in Financial Services Conference—IL
- Meeting Professionals International—NC
- SHRM AZ, CA, CO, TX

To join this list, please call Lorraine today! Ask how you can obtain a discount on her speaking fees.

Books available at bulk discount for resale.

## ADDITIONAL INFO

- Author of Eight Published Books
- Certified Professional Behavioral Analyst
- Certified Professional Motivators Analyst
- Professional Member of the National Speaker's Association
- AFAA Certified Fitness Professional
- Certified Advanced Personal Trainer
- Graduate of Coaching Inc.
- AS Degree & BS Degree

### A few of Lorraine's references:

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