

Lorraine Bossé-Smith

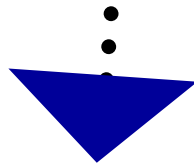
TAME THE TECHNOLOGY MONSTER & IMPROVE PRODUCTIVITY

Technology was supposed to help us and increase productivity, but the harsh reality is that e-mail and social media have become some of the greatest time traps in our history. Employees are dealing with technology overload!

This program gets to the core of time wasters and provides participants with real-life tips and tools on how to maximize technology and increase their productivity at work and home.

*"Technology should serve us,
not enslave us."*
Lorraine Bossé-Smith

THREE TAKE AWAY BENEFITS



Participants will:

- Understand each technology and how they *should* be used.
- Learn proper usage and etiquette for technology usage to minimize misunderstandings, conflicts, and errors.
- Improve communications skills and professionalism through effective use of technology.



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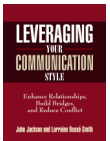
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AUTHOR OF

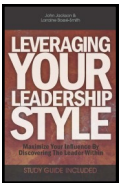
Leveraging Your Communication Style

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!

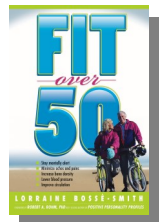


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

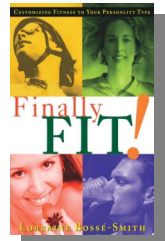
Fit Over 50

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.



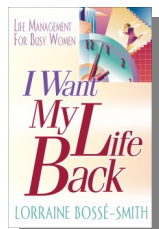
Finally FIT!

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.





Follow Lorraine:

www.linkedin.com/pub/lorraine-bosse-smith/

<http://www.youtube.com/user/TheTotalYou1>

<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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