

COMPOUNDING PRODUCTIVITY: SMALL WINS, BIG IMPACT

KEYNOTE OVERVIEW

What if you could finally escape the endless cycle of busywork and instead focus on the most important, impactful work of your life? In this engaging and transformative session, you'll discover how to unlock the power of Compounding Productivity—a simple yet profound approach to achieving meaningful results without the overwhelm.

Whether you're leading teams, managing projects, or navigating your daily to-dos, this session will show you how to do less, accomplish more, and feel truly fulfilled by your work.

KEY TAKEAWAYS

You will walk away with...

- **A Proven Framework to Break Free from Busy:** Learn how to identify and eliminate low-value tasks so you can focus on high-impact work that drives meaningful results.
- **The Secrets of Compounding Productivity:** Discover how small, intentional actions can create momentum, helping you achieve extraordinary results over time.
- **Strategies to Sustain Productivity and Fulfillment:** Walk away with practical tools to reduce stress, prioritize effectively, and create space for creativity and innovation.

This session will leave you inspired, equipped, and ready to tackle your work with newfound clarity and purpose. Let's break free from busy and get to the work that truly matters!



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ABOUT THIS KEYNOTE

Inspiring Productivity



Tactical Takeaways



Burnout Prevention



Relatable Storytelling



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DOMINATE YOUR DAY: STOP BEING BUSY AND LEAVE BURNOUT BEHIND

TIME MANAGEMENT INTERACTIVE WORKSHOP

“How am I ever going to have time to get all this done?” I used to ask that same question until I realized the one thing I needed. Spoiler alert: it’s not more multi-tasking.

Imagine getting out from under the never-ending lists, having clarity around what to work on next, and reducing your stress. In this jam-packed session, audiences will learn how to manage their to-dos, combat distractions, and fight burnout.

In this session, I reveal the antidote to the busyness epidemic and equip audiences with tangible tools to prioritize impactful work, enhance productivity, and regain balance in all areas of life - starting right now. With the job they have, the responsibilities they juggle, and the family they love. They can dominate their day.

KEY TAKEAWAYS

In this talk, audiences will...

- Discover the myths about multi-tasking.
- Understand how to shift from busy to productive.
- Learn each step of my productivity system, COAT.
- Explore how to set their day up for maximum efficiency.
- Unlock simple ways to accomplish more, make better and faster decisions, and increase productivity without burnout.



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ABOUT THIS WORKSHOP

Tactical Time Management



Hands-On Exercises



Tangible Takeaways



Easy-to-Implement



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THE AMAZING MEETINGS PLAYBOOK

MEETING MANAGEMENT INTERACTIVE WORKSHOP

Organizations need meetings.

It's the number one communication vehicle organizations need to actually make progress. But, when I ask people what prevents them from getting their work done, the number one answer is: meetings.

In this session, I share my 3-Step Meeting Formula for having meetings that get results and how to host impactful meetings people actually want to attend.

KEY TAKEAWAYS

In this meeting management master session, we will cover:

- Why we do need meetings.
- The surprising meeting that is wasting everyone's time.
- The meeting we should be having, but probably aren't.
- Roles and responsibilities: the missing ingredient that makes meetings more effective.
- In-meeting etiquette that empowers the whole team.
- Post-meeting behaviors that are derailing the team.



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ABOUT THIS WORKSHOP

Meeting Management



Interactive Exercises



Quick Impact



Communication Skills



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PRESSURE TO PERFORM CONSULTING

IMMERSIVE CONSULTING

1:1 Interviews

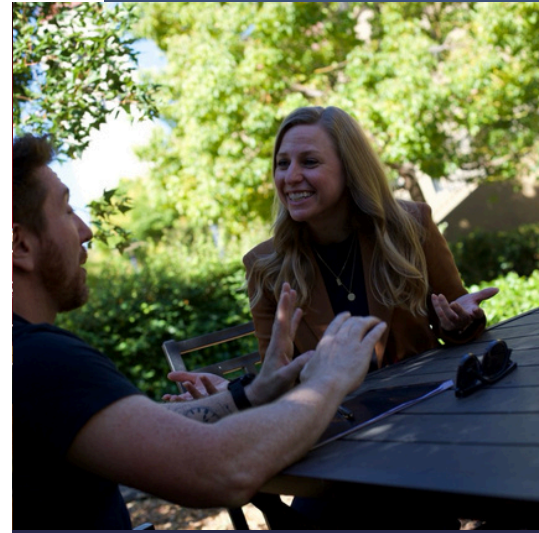
- SO Productive team members meet with up to 20 team members
- 45-minute 1:1 virtual sessions on Zoom
- Gather insights directly from the team in a confidential setting so they can be candid and open

Identify the Pressure Points

- Determine the core pressures facing this team
- What's potentially causing any stress, overwhelm, or burnout?
- Determine areas of improvement within communication, processes, tools and procedures
- Uncover inefficiencies and look for critical productivity opportunities

Recommended Solutions

- Create recommended solutions document
- Meet with the leadership team to discuss recommended solutions
- Determine an action plan



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ABOUT THIS SERVICE

Company-Specific Insights



Individual Attention



Tangible Takeaways



Implementation Plan



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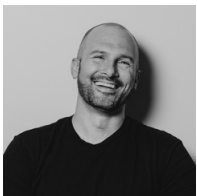
TESTIMONIALS



LEILA KUBESCH

National Teachers Hall of Fame Inductee

Sarah is truly one of the most engaging and captivating speakers I have had the pleasure of listening to. From the moment she steps onto the stage, her charisma and energy are infectious, drawing in her audience and holding their attention from start to finish.



GREG OFFNER

Global Performance Institute

Frankly, her keynote is the most entertaining and practical approach to managing to-do list fatigue that I've ever seen.



ROSE SCHAFHAUSER

Midwest Association for Medical Equipment Services - MAMES

Sarah opened our MAMES Conference with this amazing presentation as our Keynote and she was amazing! I use her ideas daily now!



BRIAN T. BISHOP

9G Teams, Former Thunderbird Pilot

Sarah is... engaging, inspirational, authentic... her productivity tools transformed my daily performance - immediate results!



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- Keynote speaking
- Productivity consulting
- Corporate training

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HERE'S WHAT TO EXPECT

The SO Productive Experience

You might be wondering what it's like to work with us. In one word...easy!

Prep + Promotion

- Alignment Call. A few weeks before the event, this call helps me learn about your audience so I can tailor my message to them
- Social media posts to help promote your event
- Pre-event promotion video you can share with your audience
- Pre-event call or email to make sure we are on the same page with all the details: the schedule, travel, tech check, and room set-up details. Those aren't "fun surprises" so we like to circle back to confirm everything 1-2 weeks before your event.

During the Event

- I'm there to serve. And connect with your audience before and after the session.
- I'll be prepared...even when the power goes go, a National Emergency Alert pings every phone in the room, I break my finger an hour before a session (yes, all have happened and I can roll with it.)

After the Event

- Post-event follow-up call



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ABOUT SARAH

Sarah is a former Chief Marketing Officer who decided to take on the insurmountable mission of ending burnout. No big deal, right?

Throughout her career, she started to realize that high-performing individuals were hitting all the marks on paper, but in reality, they were stressed out, unfulfilled, and so stinkin' busy. She knew she had to do something about it. And if there's anything a high achiever is good at, it's creating more work for themselves.

So she started a business: SO Productive...then, co-founded another: Super Productive. That's when she discovered the hidden power of compounding productivity to accomplish extraordinary things.

Now, she's obsessed with figuring out what would happen if we all could do the most important work of our lives.

As a keynote speaker and productivity consultant, Sarah is the much-needed wake-up call corporate audiences have been missing.



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