

WSWE Monthly Program

March 17, 2011

8:00am – 10:00 am

Location: Ashton Place 341 75th Street, Willowbrook, Illinois

Multitasking: Friend or Foe?

Imagine accelerating your output, increasing the quality of your work, and diminishing your stress level. This program can help you do just that.

Jan Wencel of Life Contained, Inc. will teach the group how remaining focused keeps you on track for success!

In this discussion, you will experience how multitasking affects work performance, uncover the power of focus, and learn how to apply awareness in chaotic environments. You will leave knowing how to make deliberate choices to add more moments of singular focus to your life.

Jan Wencel

Productivity Trainer

[Life Contained, Inc.](http://www.lifecontained.com)



Jan Wencel is a productivity expert who specializes in teaching business people how to cross more meaningful things off their list every day.

She started her career spending 12 years in advertising agencies. There she developed central filing systems, customized forms, and elaborate workflows to make certain ads for companies like Disney, the Wall Street Journal and UPS were launched on time, on budget and on strategy.

Now large companies hire her to help executives whose desks are piled high with papers, who feel the constant pressure of deadlines, and who have a sense there is no possibility of catching up. She's on a mission to give hope and to impart new thinking to as many of these discouraged professionals as she can.

Visit www.wswe.org for more information

\$40.00 for early bird registration by March. 14th, otherwise \$50.00

No Charge for WSWE Members