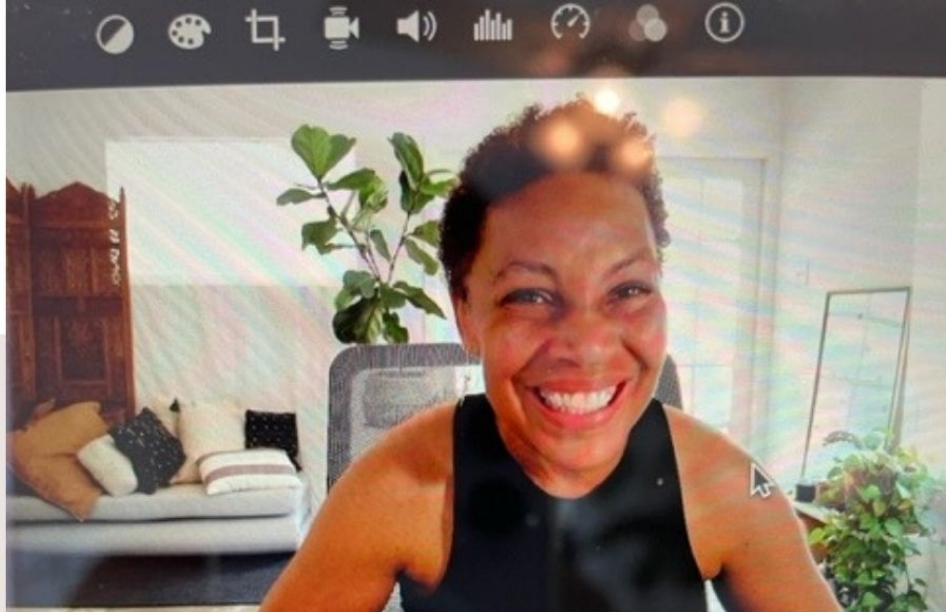


# Jessica Modad

BREAKOUTS + TRAININGS + KEYNOTES



# Hello, it's me



We live in a time of unprecedented technological advancement. We have more tools, more access to information, and more resources than ever before. Yet, we still struggle to achieve and maintain basic personal productivity.

AND... I have good news!

None of these “advancements” are necessary to become more productive. In fact, I'm going to teach you everything I know about how to Make It Matter and win the day with strategies to increase productivity when it comes to work and wellness.

Here you'll find a sampling of my speaking programs each one designed to deliver real strategies for getting more done and consistently executing what matters to you, your business, and your family.

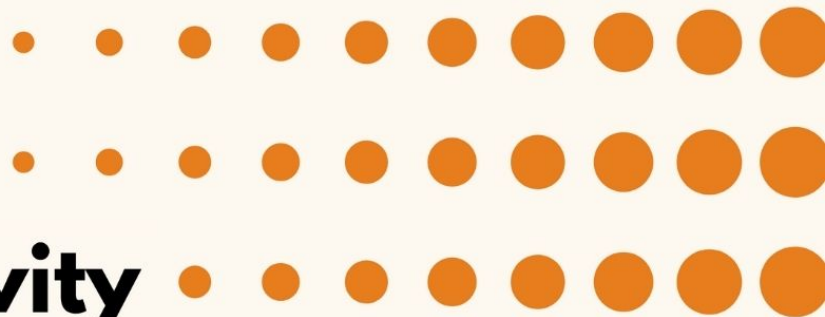
**Gone are the days of simply trying to fit it all in.**

It's time to take a holistic look at productivity, recognizing that it's not just about time, attention or even stress management. We need to be able to gracefully, or at least less awkwardly, ride the wave of everyday uncertainty and change.

*jessica modad*



# Make it Matter: Strategies to Increase Productivity



Perfect for working professionals who are tired of feeling stuck and want to make real change when it comes to work / life integration

## Key Topics Covered:

- The framework for increasing productivity
- Principles for organizing time for maximum effectiveness
- New ways to define productivity for yourself
- Actionable steps you can take immediately to start improving your productivity



# Inhale Exhale Excel: Activating the Resilience Blueprint

Participants will boost mindfulness, empowerment, and resilience, as well as a 32% reduction in day-to-day stress levels. Return home more mindful and with experiences you can easily apply to your life.

## Participants will learn to:

- Navigate stress with skill to avoid burnout
- Build positivity, productivity, and mental clarity
- Improve stress resilience in the moment, and over time



# Say Yes, Less: A Guide for the Overwhelmed Professional

If you feel overwhelmed, busy, frustrated, or like you will never get to the end of your to-do list, and wonder how you will ever get it ALL done...

## Key Takeaways:

- Identify why it's so hard to say, no.
- Confront the lies we tell ourselves about not achieving goals.
- Define what business activities gets your, YES!!!
- Leave with a script you can use to protect your time.





Did you know...

The American Society of Training and Development (ASTD) found that you have a 65% chance of completing a goal if you commit to someone. And if you have a specific accountability appointment, you'll increase your chance of success by up to 95%.

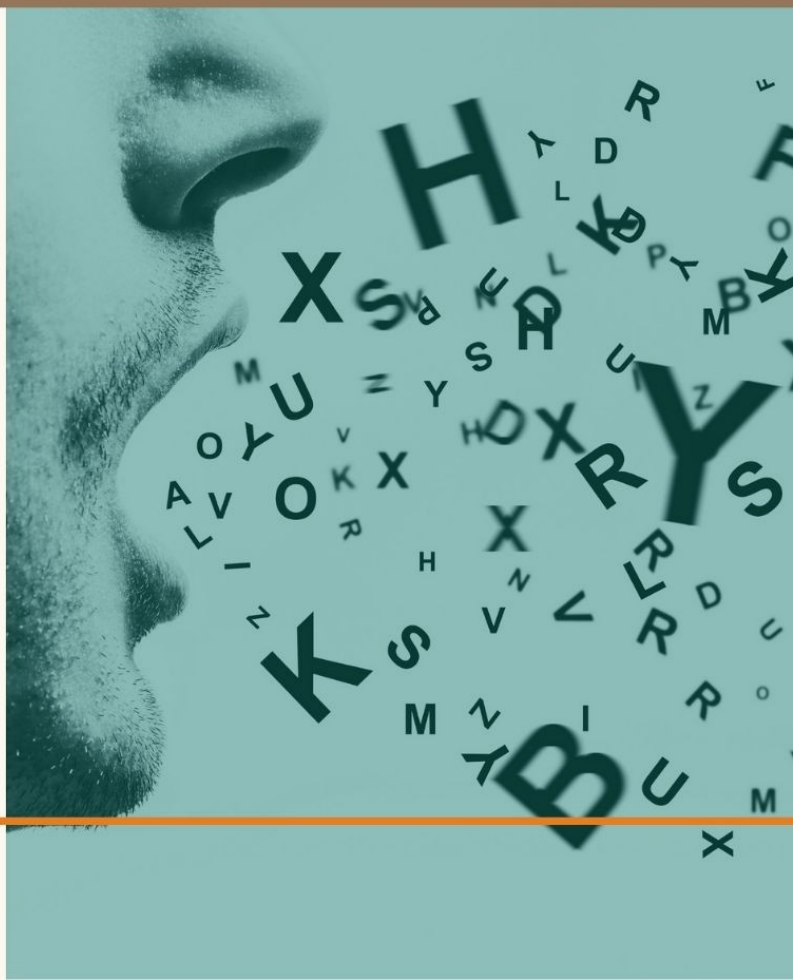
jessicamodad.com

# Words Mean Stuff: What Every Professional Needs to Know about the Language of Accountability

This keynote is a must for the professional who wants to maximize their time, align goals with timely actions, and learn a new way to communicate effectively to increase team and personal productivity.

## Key Takeaways:

- Identify words and patterns that increase accountability and productivity
- Discover the script to create boundaries strategically

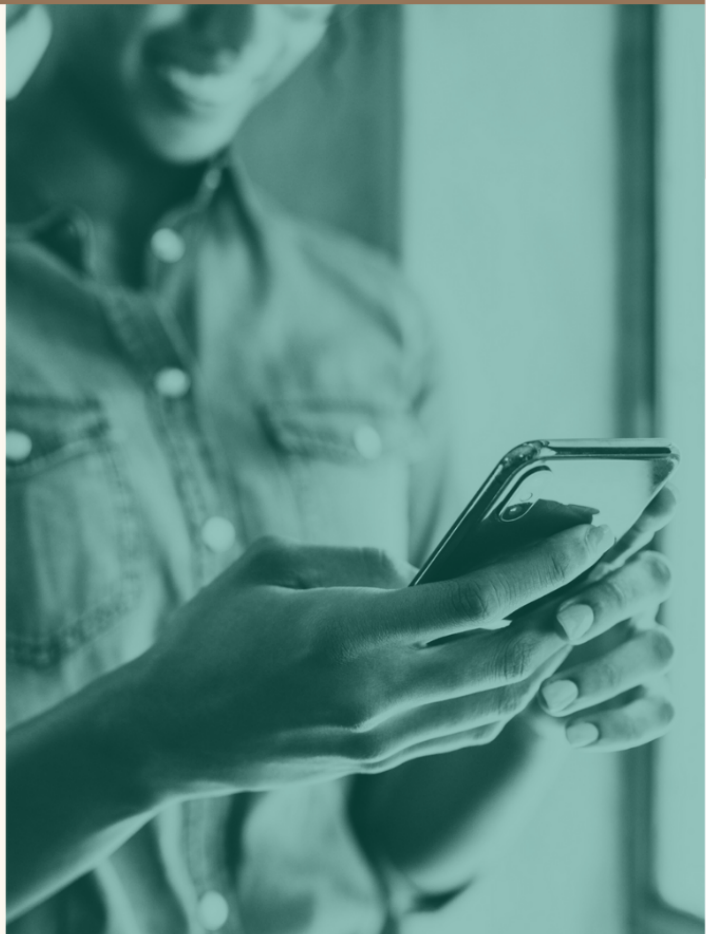


# Tame the Tech

This workshop will help you create a new relationship with your devices, discover how devices interrupt flow of productivity and brain health, and provide an introduction to the 30 day “break up” plan.

## This is for you if you:

- Sleep with the cell phone under the pillow or next to the bed
- Sometimes, mid scroll, don't remember why you picked up the phone
- Often have excessively watery or itchy eyes
- Are ready to redefine your relationship with all the electronic devices
- Feel the use of smartphones decreases your productivity at times



## TLDR; Avoid Screen Creep

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**“Loved that Jessica is not a NAPO circuit speaker so it was refreshing and informative. Loved her passion for productivity and her humor - great session”**

**“Loved hearing the language used by a newer productivity consultant. The weaving of system into the concept to getting time was nice also. Great energy. I think the group would have benefited from another 30 mins.”**



**I loved Jessica's fresh take on productivity and time management, my only complaint is I wanted more of her”**

**BOOK NOW**

don't wait





Hi again... It's me, Jessica!

I'm a productivity and well-being educator who presents to groups that want to have more TIME, more FREEDOM, and get MORE DONE.

I created the Make it Matter system. A system that teaches you to align values with goals, and goals with actions, so that you say yes less, and find focus faster.

I believe productivity should involve minimal fluff with lots of focus and fun.

My clients and I can tell you from experience that feeling starved for time and overwhelmed can be a thing of the past. I'm a firm believer that being busy is not the same as being productive, and there's more than one right answer to every problem

Currently, I'm a member of the National Speakers Association, Certified RISE Facilitator, 200HR Yoga Instructor, and enjoy life deep in the heart of Texas with one serial entrepreneur, two children, one dog and a minimally maintained and thriving veggie garden.

Cheers!