



# Make Your Life Pressure Proof

## KEN OKEL

You know your audience’s to-do list is likely an endless scroll. More work, less time, and high stakes are their daily challenges. Would you like to recapture your productive time and stop spending valuable hours acting like a firefighter or a babysitter at work?

**Productivity expert and author, Ken Okel works with leaders who want to unleash employee performance, production, and profits.**

Ken’s keynote presentations give you immediately actionable strategies designed to boost your personal productivity and prevent your time from becoming an all you can eat buffet for distractions.

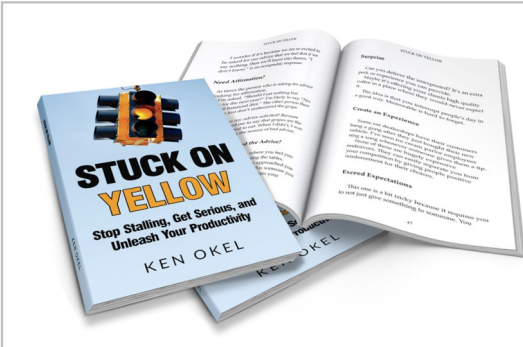
He is the author of the leadership book, *Stuck on Yellow: Stop Stalling, Get Serious, and Unleash Your Productivity*, the Host of the *2 Minute Takeaway Podcast*, and the Creator of the *Whiner of the Week* column.

You will learn how to shield yourself from interruptions, what a Queen Bee knows that you don’t, and why so many leaders end up cutting their employee’s food.

Audiences may know Ken as a former TV News Anchor, the former Executive Director of a professional ballet company, and a leader of hurricane relief volunteers.

Want to see how you audience will react to a new and unexpected challenge? Try Ken’s *Paper Hat Exercise*, which is an informative and fun way to make your event memorable.

Today Ken talks to companies and associations that want a productivity edge in today’s increasingly competitive marketplace.



**Let’s start the conversation...**

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**Demo Reel:** <https://youtu.be/PXYcm9mrk4s>

