

Control Your Attention, Control Your Life!



Maura Nevel Thomas

Author: *Personal Productivity Secrets*

Speaker & Trainer: RegainYourTime.com

Introduction Language

Maura Thomas is an international speaker and trainer on productivity, attention, and effectiveness for clients such as the American Heart Association, Dell, Honeywell, and L'Oreal. She is a TEDx Speaker, founder of RegainYourTime.com, and author of the upcoming *Work Without Walls: An Executive's Guide to Attention Management in the Age of Distraction*, and her first book, *Personal Productivity Secrets* was a runaway success. She is here to share some of those *secrets* with us today. Please help me welcome, Maura Thomas.

Note: Maura recommends that the person introducing her also adds a few personal comments about her or the topic whenever possible.

