



**TED<sup>x</sup>**

RedRiver

x = independently organized TED event

*Maura* →  
Control Your Attention  
Control Your Life

*Your time-crunched, always-on event participants are looking for solutions for their busy lives. Let the most widely-cited expert in attention management show them the way!*

**FOR BOOKING INFORMATION:**

deena@maurathomas.com  
424-226-2872, or  
maurathomas.com/inquire

“ Maura is one of the **best speakers** I've ever experienced - very engaging, funny, and **provides great take-aways!** ”

~ Geraldine Flatt, Vice President, Gloria Ferrer Caves & Vineyards

## MEET MAURA NEVEL THOMAS:

An international trainer, award-winning speaker, and three-time author, Maura will leave your audiences inspired and motivated, with real-world take-aways that participants call “head-spinning” and “life-changing.” She’s a 25-year veteran of the productivity industry, and a Certified Speaking Professional™ from the National Speakers Association. She’s been speaking and running her own events for over a decade and her goal is to make your job as easy as possible, and be a delight to work with from beginning to end.



“ Maura delivered an *engaging presentation* to help our Field Leaders learn new ways to control their attention. I have *heard people buzzing* about what they learned all afternoon! ”

~ Sarah Erickson, Old Navy

# SAMPLE SPEAKING TOPICS

\* Note that Maura is happy to customize the title and content of her presentations to match the theme of your event and the needs of your participants.

## Control Your Attention, Control Your Life! Attention Management is the New Path to Productivity

Busy professionals rely on technology to live and work. However, this very technology presents some of our greatest challenges: distractions that constantly derail us not only from the task at hand, but from the path that we determine for our lives. To manage "information overload," most of us turn to the lessons of time management, but these techniques are outdated and irrelevant. It's time to learn work-life management skills more suitable for the 21st century. Maura will help you discover the number one skill for the future: "attention management." In addition, this presentation will provide secrets to help you:

- Learn how you are *sabotaging* your own productivity and attention.
- Harness your attention to unleash your genius.
- Discover strategies to tame technology and turn it into the solution, rather than the problem.
- Lower stress, and improve clarity and peace of mind.

“ I think *this meeting will go down in history* as one of the best ever for us! Our Attendees LOVED, LOVED, LOVED you!! ”

~ Shirley Robinson, Texas Hospital Association



## Empowered Productivity: Win the War Against Information Overload

Maura Thomas helps people take control of their busy lives at work and at home so that they achieve their significant results with less stress. In this presentation, Maura shares the path to living a life of choice, rather than a life of reaction and distraction. She debunks the myths about "time management" and "information overload," providing insights from her proprietary workflow management system that empowers the listeners to:

- More easily manage all the details of life and work.
- Finally master work-life balance.
- Find motivation and exhilaration in daily accomplishments, rather than exhaustion from chaos.

The two programs above are suitable for audiences of professional office staff (admin to CEO), in keynote or breakout format, and can be modified for delivery in any time slot from 45 minutes up to a full day or anything in between.

“ Maura delivered a *fantastic presentation!* Her humor and enthusiasm kept us *engaged and excited...* We left the event feeling inspired, enlightened and ready... Maura was also a pleasure to work with! Thank you, Maura! ”

~ Ellie DeLuca, L'oréal Paris Professional

## Work Without Walls: Helping Leaders Amplify Performance

Knowledge work requires a different approach. Are you maximizing your team's success? If your team is facing a high pressure atmosphere, having trouble prioritizing, and getting distracted easily, then traditional time management is unlikely to offer the solution. The root of the problem may be compromised corporate culture, unintentionally reinforced by senior leadership. In order to solve this problem, your culture needs a reset, and your leadership needs to model effective behaviors. This program will:

- Provide workflow strategies that help executives more effectively lead, allocate resources, and hold people accountable.
- Support them in capitalizing on their knowledge, finding their "flow" and unleashing their genius, to be the visionary thinkers and leaders their positions demand.
- Raise awareness of a culture that was likely created without intention, and how it may be undermining the productivity and effectiveness of the entire organization, and offer a blueprint for course correction.

This program is available as a breakout session in a leadership track and is available in formats from 1-4 hours.

“ Maura's session was easily the most *inspiring and useful* portion of our 3-day sales conference. ”

~ Steve Tomich, SHI

Maura can customize a program from 45 minutes to two full days and any length in between. Her work is most appropriate for office staff, but anyone from the administrative assistant to the CEO will find her content relevant.

She offers a mix of inspiration, motivation, and education that delivers practical tips that participants can implement immediately. Maura can also provide optional support material, and a complimentary “get started program” upon completion of your event, so the learning can continue long after the event is over.

“ Your message was **spot on** and the information was **eye-opening**. I’ve heard nothing but praise from the attendees. And I can’t say that I’ve ever witnessed a more “professional” presentation. ”

~ Phil Condra, University of Texas System

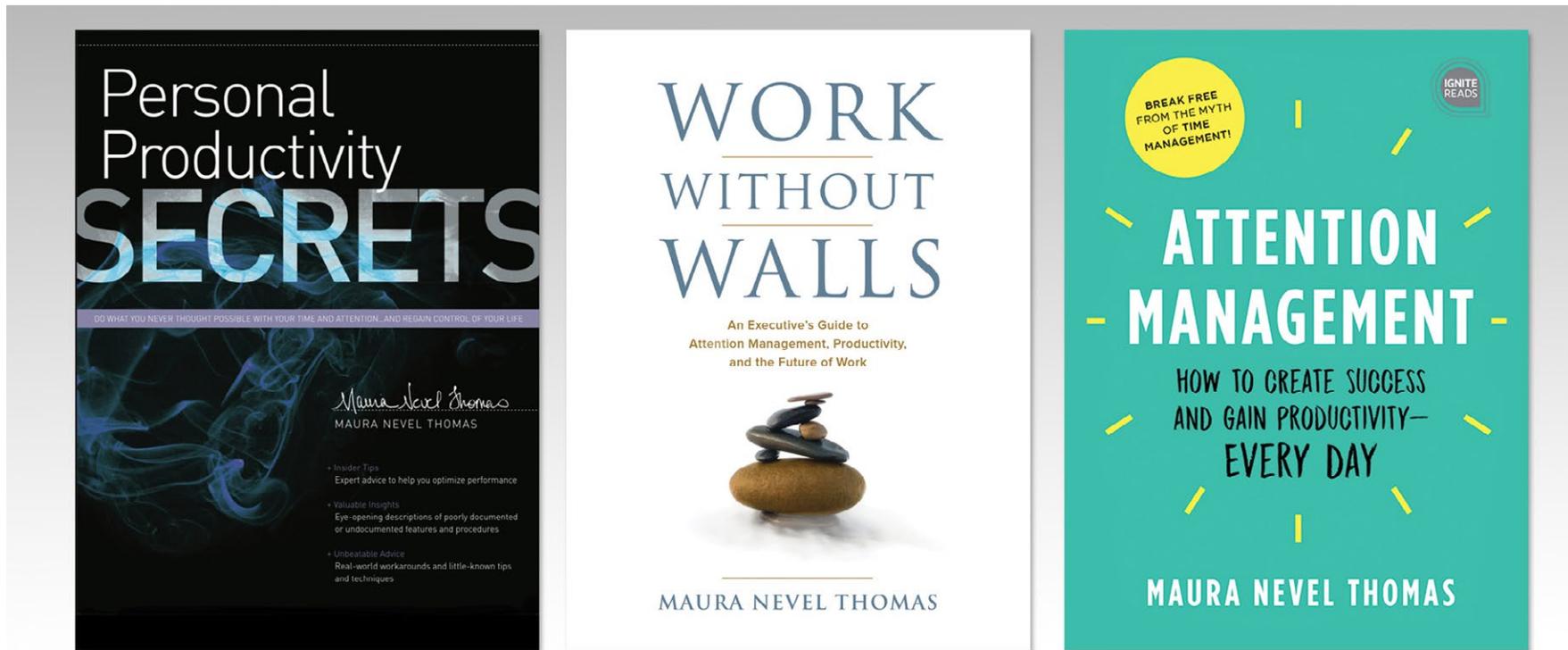
See more of what others had to say at [maurathomas.com/reviews](https://maurathomas.com/reviews)

**FOR BOOKING INFORMATION:**

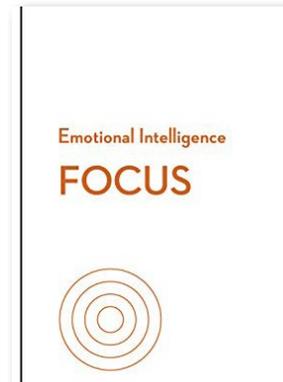
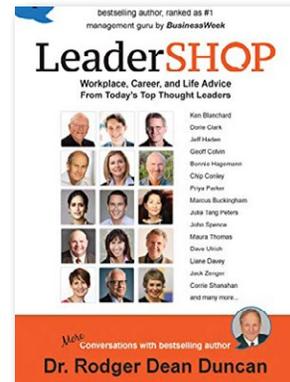
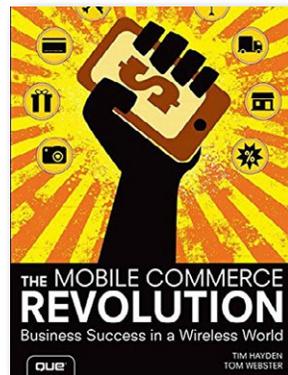
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Maura's presentations are supported by her **best-selling books**, so your attendees can walk away with a **tangible support tool** and reminder of your event! The learning continues long after the event is over with an optional follow-up program, individual support for your attendees, and books that provide both specific action steps and continuing inspiration!



Maura's sought-after expertise has also been featured in books by and with other expert thought-leaders!





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