



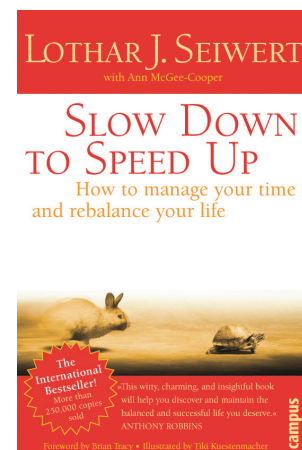
SLOW DOWN TO SPEED UP: HOW TO MANAGE YOUR TIME AND REBALANCE YOUR LIFE

Time is the most valuable thing we have. There is no day in our lives which we are able to re-experience. How can we live every day to the fullest? How can we accomplish open spaces for ourselves to be ready for every imaginable challenge?

Time management of the future means proactively living your life by combining our already hectic and complex lifestyle with serenity. Life-Leadership® is more than just organizing your daily life and work. Time expert Prof. Dr. Lothar Seiwert shows how life leadership really can be achieved.

TAKE-AWAYS:

- ▶ Live a balanced life – not a stressed life
- ▶ Give your life a real sense of purpose and direction
- ▶ Place importance above urgency (avoid hurry sickness!)
- ▶ Focus on the really important things in your life
- ▶ Schedule regular dates with yourself to refresh and recharge
- ▶ Put the big rocks in first – not the pebbles
- ▶ If you are in a hurry, take it slowly



Book Lothar Seiwert: ☎ 07000-734 93 78 or 07000-SEIWERT



Subscribe to the „Seiwert-Tipp“
www.lothar-seiwert.de/newsletter

Lothar Seiwert is ...

- an award-winning, world-renowned keynote speaker
- Europe's leading expert for time management and life leadership
- a multiple award-winning, best-selling author
- co-author of the international best-selling book *Simplify Your Life* in cooperation with Werner Tiki Kuestenmacher
- Certified Speaking Professional (CSP), the highest international award for keynote speakers
- recipient of the "CSPGlobal Award" by the *Global Speakers Federation* in 2013
- the first German recipient of the international training award "Excellence in Practice" of the *American Society for Training and Development (ASTD)*

Lothar Seiwert ...

- surprises and amazes every audience with his strong personality
- will be the highlight of YOUR next event
- and he loves Polar Bears!

Topics

- Simplify Your Time: Having more time
- Life-Leadership®: Slow down to speed up
- Work-Life-Balance: Sensible self-management to be in balance
- Time is life, life is time: Time to get things moving

Published works (selection)

- How to Simplify Your Life: Seven Practical Steps to Letting Go of Your Burdens and Living a Happier Life
- Effective Time Management: Using Microsoft Outlook to Organize Your Work and Personal Life
- Slow Down to Speed Up: How to manage your time and rebalance your life
- Managing Your Time (Business Action Guides)
- Basics of a Successful Business Strategy (Business Action Guides)
- Time is Money: Save it.
- The Behavioral Blueprint: 4 kinds of people you need to know

„The best time of your life is NOW!“