

AS SEEN IN:

The Washington Post

GLAMOUR

VOGUE

SELF
MAGAZINE

Northern Virginia
MAGAZINE



TIME MANAGEMENT NINJA
Helping you win the battle against wasted time, procrastination, and all other things evil.



IT'S JUST LUNCH



BizChix.com



coachZing

Wellpreneur Online

The BOOMER
Business Owner



Terri Levine
WORLDWIDE

A NEW TWIST ON PRODUCTIVITY & PROCRASTINATION

Flow Productivity™ can help your employees save time, energy, and money while increasing well-being, creativity, and results.

HOW IT WORKS

Traditional productivity focuses on strategies. But strategies alone are only a temporary fix. With the foundation of Flow Productivity, it is possible to naturally develop long-lasting solutions that fit your work and life.

RESULTS

These trainings will enable your teams to:

- Spend less time and energy stressed, anxious, and overwhelmed
- Use more time for productivity, creativity, and focus - with less effort
- Have a quieter, clearer mind with less to think about
- Minimize or eliminate unproductive behaviors including procrastination, and perfectionism
- Improve communication understanding, and resourcefulness across and within teams

ABOUT JULIE

Julie Lisabeth Gray is a professional certified coach who has worked with hundreds of people around the world to naturally navigate their way to greater productivity, creativity and well-being.



POPULAR PROGRAMS

- How to Get More Done With Less Stress
- A New Paradigm for Creating Habits that Stick
- How to Clear Your Mind Without Managing Your Thoughts
- Creating a Culture of Flow Productivity and Creativity
- Time Management that Fits Your Brain and Life
- Unconventional Goal-Setting

“ Julie takes an unconventional approach that allows people to develop their own solutions - which makes them stick. Those who worked with Julie saw an increase in their overall productivity and ability to manage their stress. ”

- Jonathan Cogley, Founder of Thycotic Software

LET'S GET STARTED

All programs can be tailored to meet the needs of your group. Contact Julie to discuss your program.

Julie Lisabeth Gray, PCC
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