

THE MAGIC OF ACTION:

HOW TO OVERCOME PROCRASTINATION

Every year in North America, millions of dollars are lost because so many people work below their true capacity. Procrastination is the Achilles Heel of productivity, robbing us of valuable leisure and personal development time.

Kevin Lawrence understands that overcoming procrastination brings the most incredible feelings of accomplishment, well-being and peace of mind while providing renewed energy and optimism. **“The Magic Of Action: How to Overcome Procrastination”** is a highly-interactive and inspirational seminar dedicated to:

- helping people identify and understand the costs of procrastination;
- providing participants with the tools required to help them overcome procrastination so they can increase productivity, personal fulfillment and their everyday enjoyment of life.

Audience members walk away with a “roadmap” for overcoming their procrastination habit as well as:

- the three key reasons we procrastinate and how we make the problems worse;
- the specific costs of procrastinating in their business and everyday lives;
- tangible methods to break their procrastination cycles;
- the 5 D’s and 8 Steps to deal with procrastination;
- a personal 30 day action plan.

The result? Armed with valuable knowledge and tools to overcome their personal procrastination habits, attendees move on to achieve the results they desire – both personally and professionally. Moving forward, they experience better health, reduced absenteeism, enhanced creativity, and improved business and personal relationships. Once people eliminate the burden of procrastination from their lives, productivity, morale and profits go through the roof!

About Kevin Lawrence

Throughout his long-standing practice as a business coach to hundreds of executives, entrepreneurs, and professionals in North America, Europe, Australia and Japan, Kevin’s focus has been – and continues to be – to help each client overcome the obstacles that hold them back. Kevin has tremendous real life experience to offer his clients and is well aware of the tools required to kick the procrastination habit.

Kevin is “in the trenches” every day working with his clients to overcome and resolve all of the key things they have been avoiding and putting off in their business and life – using the same strategies he shares in his presentations. After overcoming the backlog of procrastination, his clients are freed up to create better results with much less time and energy – as a result, they feel less stressed and lead a more balanced, fulfilling life in which they enjoy the fruits of their success.

His inspirational, results-oriented and down-to-earth presentation style is specifically designed to engage his audience’s imagination and encourage participation. As a coach and speaker, he helps his clients learn to take better care of themselves so they can increase personal productivity, enjoy more free time and achieve the extraordinary results they desire in life.

Kevin publishes a weekly newsletter – Strategies to Create an Ideal Business & Outrageous Quality of Life and is also a regular contributor to various media, including: Vancouver Television (VTV), BC Business Magazine, BC Entrepreneur Magazine, Okanagan Business Magazine, Canadian Manager, Forum Magazine, CGA Outlook, and CA Magazine.

Kevin Lawrence loves to help people get what they want in life and aims to learn something new every day. He lives in Vancouver, British Columbia with his wife and son.

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To book Kevin Lawrence for your event, call 604-313-2229 (toll free in North America: 1-877-564-6224), or email Inquire@CoachKevin.com.

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Partial client list:

- Young Entrepreneurs Association (YEO)
- Washington Society of Association Executives (WSAE)
- Canadian Society for Marketing Professional Services (SCMPS)
- Canadian Association of Insurance and Financial Advisors (CAIFA)
- North Central Teachers' Convention Association (NCTCA)
- Certified General Accountants of British Columbia (CGA BC)
- Certified General Accountants of Manitoba (CGA Manitoba)
- Certified General Accountants of Ontario (CGA Ontario)
- International Association of Broadcast Monitors (IABM)
- International Special Events Society (ISES)
- BC Association of Broadcasters (BCAB)
- BC Ready Mix Concrete Association
- Action International Canada Inc.
- Polaris North American Network
- Evancic Perrault Robertson (EPR)
- The Hudson's Bay Company
- Medicine Hat College
- Simonton Windows
- Polygon Homes ● Delta Hotels ● BC Gas

In addition to... Numerous Accountants in private practice and many Entrepreneurs in diverse market sectors.

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"Many, many thanks! On behalf of the attendees at our Wenatchee conference, I want to thank you for sharing your expertise during your session on "The Magic of Action t- How to Overcome Procrastination." Your style of delivery was engaging, and the session filled with practical and useable information. I still keep remembering, "Just lick the toad". Thank you also for the worksheets and the toad business cards, I'm putting mine where it will remind me not to procrastinate. Thanks you so much for you willingness to share your expertise with WSAE and CSAE-BC members. I know it was appreciated by all."

*Donna Cameron, CAE, Executive Director
Washington Society of Association Executives*

"Thank you for presenting during Simonton's 2002 Customer Trip in Puerto Rico...The presentation was informative and entertaining. The examples you used were understandable and the audience participation helped our customers relate the "Lick the Toad" to their everyday lives...The survey results rated your seminar as "Outstanding". The measurable result being they are still applying the skills today. We look forward to working with you again in the future."

Rebecca Taylor, Simonton Windows

"I wanted to thank you for your entertaining seminar, 'The Magic of Action' ... you presented at our June 2001 AGM. Your humorous approach and amusing anecdotes kept myself and the audience entertained.. I particularly enjoyed the amount of audience interaction. Based on my conversations with other members, your seminar had an impact on us and we will always remember to 'Lick our to ads!'"

*James Leung, BComm, CGA
CGA (Certified General Accountants of BC)
Richmond/South Delta Chapter*

"We received nothing but positive feedback on Kevin. Every attendee to our event said they would return to hear him again. Our chapter found Kevin's presentation to be upbeat and informative. It was obvious that he understood the dynamics and demands of the financial services industry. Many speakers not versed in the technical aspects of our industry tend to give generic talks that our membership find difficult to apply to any aspect of their practice. Kevin's tactics, however, were very enlightening with our attendees leaving excited about taking something away that they could not only use to build their business, but to improve other areas of their life as well."

*D. F. Garat
CAIFA (Canadian Association of Insurance and Financial Advisors)
Central Vancouver Island*

"It is with great pleasure that we take this opportunity to thank you for the wonderful seminar you put together for our clients. Based on the feedback we have received from virtually every participant, the topic of procrastination and its impact on their business productivity, morale and profits was pertinent and meaningful. Our clients particularly enjoyed the interactive element of the seminar and your upbeat presentation."

*Daniel Majewski
Majewski Shaler & Co*

www.CoachKevin.com