

CEO Series: Laura Vanderkam

You have more time than
you think!

September 13, 2016

6 – 7:30 pm, Healy Hall

Must register online: nypl.org/CEOseries

Registration check-in begins at 5:30 pm. Please be on time, if you have not arrived by 5:55 pm, your seat will be released to the patrons on the wait list. **Wait list:** sign up and line will begin at 5:15 pm at the library, though seating is not guaranteed.



The CEO Series at the Science, Industry & Business Library is a cycle of speakers who are renowned CEO's of their own enterprises as well as authors in business, leadership and self-development topics.

Are you always in rush? Always pressed for time? Always wishing you could stretch your day to finish everything in your to-do list and squeeze in a quick workout or a peaceful dinner with your family? Would you like to “find” more time in your week to take care of yourself, your business, your family, and do the things you like?

Laura Vanderkam is the author of several time-management and productivity books, which include *What the Most Successful People Do Before Breakfast*, and *168 Hours: You Have More Time Than You Think*. She conducted a time diary study of 1001 days in the lives of professional women and their families for a practical approach to the question of how people combine work, family and free/personal time, and this gave way to her book *I Know How She*

Does It: How Successful Women Make the Most of Their Time.

Laura will turn common habits on their head, as she shares her knowledge on setting priorities, “finding” and “making” more time in your hectic schedule for the things that you want to do, and how to achieve life/work balance. Come prepared to learn how establishing new, practical habits will make your life and business more meaningful.

Laura's work has appeared in publications including Fast Company, Fortune, USA Today, the Wall Street Journal, The New York Times, Reader's Digest, City Journal, Fortune, and Prevention. She has appeared on numerous television programs, including The Today Show, Fox & Friends, hundreds of radio segments, and has spoken about time, money, and productivity to audiences of all sizes. She questions the status quo and helps her readers rediscover their true passions and beliefs. Learn more about Laura at lauravanderkam.com



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