

LINDA GANNAWAY

Speaker | Author | Success Coach

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Dr. Linda Gannaway is a speaker, author, consultant, and success coach. Her current focus is helping individuals, groups and organizations stop procrastinating and achieve their goals.

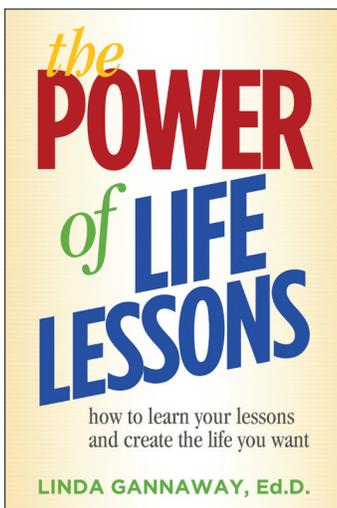
With an Ed.D. in Counselor Education, Linda worked at universities for more than twenty-five years as a personal counselor, administrator and instructor. She taught classes to thousands of students on topics such as time management, procrastination, stress management, goal setting, and learning life's lessons.

It's Time to Stop Procrastinating, Reduce Your Stress, and Achieve Your Goals

Studies show that when compared to people who procrastinate regularly, people who don't procrastinate are healthier, wealthier, and happier. And the good news is that because procrastination is learned, it can be unlearned and replaced with productive habits.

- 95% of people procrastinate.
- Chronic procrastination adversely affects people's health, wealth, and happiness.
- Employees spend an average of two hours each work day procrastinating.
- Businesses lose approximately \$10,000 per employee per year due to procrastination.
- American businesses lose over one trillion dollars per year because of these delays.
- Due to increasing technology distractions, procrastination problems are getting worse.

Contact Linda to explore how she can help you and/or your business address this important issue.



Linda offers keynote presentations, conference workshops, talks to businesses and organizations, consultations, in-house training, and personal coaching for individuals who want to overcome their procrastination and accomplish their goals and dreams in life.

As a recovering procrastinator, Linda has an inside view of our "unnecessary delays." When combined with her professional experience and expertise, she is able to provide talks, training, and coaching that educate, entertain, and motivate people to change their behavior.

Drawing from her background in higher education, Linda wrote one of the most authoritative books on how to learn your lessons in life. "To stop procrastinating" is definitely one of the lessons we all need to learn.

Dr. Linda Gannaway, Director Emerita of the Fresno State Learning Center
Author of *The Power of Life Lessons: How to Learn Your Lessons and Create the Life You Want*
www.LindaGannaway.com