

How to Beat Procrastination and Get More Done in Less Time

Complimentary Presentation on how you can Improve Productivity and Beat Procrastination Forever with **Total Focus!**

5 Reasons why you and your staff will benefit from this Presentation

1. See a clear structure for future goals and visions.
2. Companies and individuals report increased productivity after this event alone.
3. Focus every member of your team on the company's goals and discover how to maintain consistent positive action.
4. Get every member of your team consistently focused on doing the right things, and on what gets the best results.
5. Develop the unlimited potential of yourself and your team.

Here's what Past Attendees have said...

"Thanks Guy! The preso was really though provoking. It's great way to get me re-focussed and lock in my purpose."

Lynda, Port Melbourne

"I am now more aware of why my past goals have failed and that more smaller steps are required to achieve them. Also, I am aware I need to change my self-talk."

Melissa Toth, Mulgrave

"It never ceases to amaze me how much of our own life we spend in thinking about the past. I would love to change that! And I like how this also makes us realise that we are the only ones that can make this happen."

Pooja Kelkai, Vermont

"Fantastic & insightful presentation to understand mental barriers & tools to enact change. Thank you Guy!"

Nikki Robertson, Melbourne

"I have gained more insight into my blockages + self doubt, from this experience. I only procrastinate in a few areas and I can see why now. Thanks."

Kate Lambert, Bonbeach

"Enjoyed learning about how much our subconscious can affect our goal setting + achieving goals. Easy to absorb information, would like more :)"

Primrose Maclean, Emerald

Here's what you will learn from this Presentation

This is a special presentation of immeasurable value. I cover the specific reasons why people procrastinate and a formula for getting done what has to be done at work and at home.

What is different about my message? This is a pragmatic, structured and to-the-point system for taking more action and getting things done in life, without the stress!

Learn how to beat the failure cycle, overcome procrastination, focus your thinking and empower yourself to win!

How to Book

- Firstly, this presentation is complimentary
- I can tell people about my program at the end (**Total Focus**)
- Allow approximately one hour
- A large whiteboard is all that is required
- To book Guy Mullon directly email him on guy@guymulloncoaching.com



"One of the saddest things is people going through life never having lived it to the full, to their potential, not really living who they are.

This keynote will wake you up to discovering then acting on achieving your big important goals.

It is for anyone – because it is about human behaviour and self-leadership. But it is also great for business teams who need to be on the same page, focused and highly productive towards the goals that the company says are important.

I'd love for this to be a reality in your life today. Book me for a free presentation at your venue today."

Guy Mullon

About Guy Mullan

(discover more at guymullancoaching.com)

Guy is a dynamic results-driven performance coach for business and life – he is committed to providing clients with the tools to develop razor sharp vision, consistently take action, gain traction and find their potential to live the life they want across all areas.

The tools Guy provides include helping people break down mental barriers, building emotional resilience and design and execution of action plans that work and can be sustained. The pressures of modern life on individuals, employees, teams and business professionals require upgraded skills on maintaining focus, developing cutting edge strategies and building persistence in developing mental and emotional mastery.



Guy graduated from the Life Coaching Institute of Australia, and from the Christian Coach Institute USA, and is an authorised coach with the YB12 international coaching group. He also holds a B.Sc with First Class Honours in Management Science.

Guy is an experienced facilitator, keynote presenter and one-on-one coach. He has a detailed working knowledge of what is required to bring increased effectiveness and productivity in life and living.

Before building a career in coaching, Guy was a veteran of the Australian corporate world in the merchant energy sector, and also achieved a great deal of success in the high pressure cut-throat world of derivatives trading and funds management, leading a team that created \$50m in trading revenue during and after the GFC. Guy uses this experience with businesses, teams and individuals on a one-on-one basis and also runs short, sharp, powerful public and in-house employee workshops designed to be a call to action and help people snap the back of procrastination.

Guy teaches that anyone can achieve anything they want, by setting a clear vision, developing accurate self-awareness, following a proper goal setting process, getting out of their own way and building emotional horsepower and having the on-going support and accountability to keep to your commitments.

As a man with a large family who has had to juggle the demands of a high pressure career with family and personal goals, Guy has a special interest in helping others in midlife (35-55yrs) gain the success and balance across the wheel of life that they desire.

Guy lives on a small farm in the beautiful Yarra Ranges amongst the vineyards, the farm animals, his tractor and loves a hit of tennis and playing soccer. He daily lives his passion for unleashing potential, optimized living, personal development and personal-responsibility.

Whether it's leading a team, growing your business, selling a product/service, or having your best year ever in your personal life, Guy will unlock the potential within you to live the life with purpose and excellence of results that you desire.