



WEBINAR

Productivity Super Power: How to Manage Time-Stealing Interruptions

Date: Thursday, October 15, 2020

Time: 12:00 – 1:00 p.m. CT

Speaker:

Helene Segura

Cost: \$195 to NHA members (per hospital, no charge for additional lines, recordings available up to 60 days after the webinar)

Target Audience

Administrative Professionals

Course Curriculum

No matter where you're working – onsite, from home or a combination – interruptions steal away your focus and time. This webinar offers tips to curb these interruptions and help you get more done during the day.

Learning Objectives

Participants will:

- Explore the five most common interruptions in the workplace;
- Discover the solutions to implement for each of these; and
- Gain back time from responding instead of reacting.

Speaker Bio

Helene's education background – both in her schooling and teaching – influences everything she does. Her Bachelor's degree from Texas A&M University is in Political Science. She focused on international affairs, so she learned about negotiations and the importance of dissecting situations from different perspectives. Her Master's degree from UTSA is in Educational Leadership.

She learned about running a business, as well as about educational psychology – behavior change and behavior management. Through her graduate coursework and passion for studying neuroscience, as well as "on the job experience", she was able to apply all of this and figure out what makes individuals tick and, therefore, what will get them to change and be successful.

In her individual consulting, keynotes and seminars, she uses all of these skills to reveal to audiences how to pin-point their barriers to personal efficiency and implement transformational changes that will save their sanity – and save the companies for which they work a great deal of money.

The speaker has no real or perceived conflicts of interest that relate to this presentation