

email extinguisher

Simple steps to shrink the inbox.



Dread checking email? Avoiding your "unreads"? Feel like you can't put your phone down even for a few minutes?

*Take action to shrink your inbox! Stop being pulled away from essential tasks with every ping or buzz. If used well - email is a tool that can help you **extinguish stress, get your time back, and reach your goals.***

You can stop living in your inbox - it's time to take back your agenda!

I have seen major improvements in the last month after attending the Email Extinguisher workshop. I left feeling validated and with tangible tools to help improve my day-to-day work. Your workshop felt like church to me, saying "amen" and "Hallelujah" after each statement.

- T.M.

Senior Clinical Trial Manager,
Vertex Pharmaceuticals

LEARN HOW TO:

- ✓ **Put your phone down** with confidence
- ✓ **Organize your inbox** with easy rules and shortcuts
- ✓ **Cut down on email ping-pong**

format: Virtual or In-person

length: 45 - 90 minutes

THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Rely heavily on email
- Are constantly checking notifications
- Feel overwhelmed by the volume of email

PLAY VIDEO

