

email extinguisher: put out the fires & rescue your time



Overwhelmed by the flood of messages?

Dread checking email or get distracted when your phone pings?

In a world where your laptop feels like a ball and chain, and email pings are your arch-nemesis, it's time for a change. We're your ticket to inbox liberation to transform your digital life!

Don't let your inbox call the shots—seize control today!

“...like church to me saying "amen" & "hallelujah" after each statement”

I've seen major improvements and left feeling validated, with tangible tools to improve my day-to-day. Your workshop felt like church to me saying "amen" & "Hallelujah" after each statement.

- T.M.

SR. Clinical Trial Manager, Vertex Pharmaceuticals

LEARN:

- ✓ Proven tips to **conquer digital distractions**
- ✓ Rules & shortcuts to **save time**
- ✓ Behavior shifts to **end unnecessary email ping-pong**

PERFECT FOR PEOPLE WHO:

- Live and breathe email
- Are at the mercy of notifications
- Feel buried under an email avalanche

PLAY VIDEO

