

FB Webinar Ad for Ignite80

Control Your Day...and Own Your Life

Does this sound like you?

It's well past the end of the work day. Your stomach is growling because you barely had time to eat lunch. You've been scrambling all day but you've crossed exactly one thing off your list. Plus, you added 5 things.

You should keep working because you just didn't get enough done. But you're exhausted. So, you shut it down. Maybe you can squeeze in more work before you "fall asleep" (or rather, lie in bed worrying about the next day until you're completely consumed by fatigue).

What happened to the day? How is it already dark out? You started the morning with such good intentions. Then a few meetings...a couple problems that popped up...a long call with your boss...and everything went off the rails. Just like yesterday. And the day before. And most days last week...

Notice a pattern?

How would you feel if I told you:

- * You can work fewer hours--and get more done?
- * You can feel less stress--and replace it with feelings of accomplishment?
- * You can make enormous improvements NOW with just a few simple changes?

Hi, I'm Dr. Ron Friedman. I'm a psychologist who has spent much of my career researching peak job performance. I use the expertise I've acquired to train managers, business leaders, and professionals how to maximize their effectiveness in work--and life--while minimizing the stress and burnout that can come with high-pressure jobs.

If you are feeling overwhelmed by all the work you just can't seem to complete, you might assume you just need to work harder. Maybe you need to skip more lunches or put that evening yoga class on hold till things calm down (if that ever happens). But in reality, the problem is likely NOT that you need to work more. You simply need to work more effectively.

And that's what I'll teach you in this FREE workshop.

You'll learn powerful tips, tricks, and strategies that will enable you to:

- * Get work done in HALF THE TIME with just one small tweak to your calendar.
- * Operate with the same laser focus and productivity as a CEO with an executive assistant fielding calls and handling messages--but you don't have to hire anyone.
- * Become 25% happier, 30% more effective at achieving goals, and increase your wealth with this surprising secret. You can put it to use right away!

Stop feeling defeated at the end of the day and start feeling accomplished. Stop feeling like your attention is drawn in a hundred different directions and start becoming more focused.

Join me for this life-changing free workshop. You'll learn my proven system for taking control of your time and energy. Gain back hours in your day and free up time to do more things that matter to YOU.

I've witnessed the transformational changes my strategies can spur. They've helped thousands of people – from CEOs and entrepreneurs to those just starting their career journey to anyone in between who's just trying to gain control over their day. Now you too can learn how to master your time, advance your career, and bring more happiness into your life..

Click the 'Register' button below to join me for this free event and learn how to approach your day in an entirely new way that can improve your life.

Learn more here: <http://www.ignite80.com/two-hours>