



The Rooster Crows™ Seminar Series: Carpe Diem

Increasing Your Time Management Skills and Effectiveness

WHAT: A professional seminar to empower individuals in the area of time management and organization designed for people who could increase their effectiveness in managing time and being organized.

WHEN: Wednesday, March 3rd

TIME: 9:00 AM – 11:00 AM

WHERE: Embassy Suites Boca Raton
661 NW 53rd Street
Boca Raton, Florida 33487

COST: \$39.00

PRESENTER: Lisa A. Lundy

CREDENTIALS: Lisa is a professional speaker and is the author of *The Super Allergy Girl™ Allergy & Celiac Cookbook – From A Mother Who Knows™*, a gluten-free, dairy-free, egg-free, peanut and tree nut free resource guide and cookbook. Prior to starting her own company, she worked for Xerox Company, Bausch & Lomb and Rhone-Poulenc Rorer (Dermik Laboratories) in sales and marketing. She is an Advanced Toastmaster Silver, CL level in Toastmasters International. Her full resume and biography are available on her website: <http://www.TheSuperAllergyCookbook.com>.

The Wall Street Journal reported in March 1997 that the average U.S. executive wastes six weeks per year searching for misplaced information, which translates to nearly one hour per day. Lisa A. Lundy has over 30 years of experience in time management and is masterful in this area.

BENEFITS OF THE SEMINAR:

- Have more time to do what you want
- Increase your freedom and power
- Make better choices
- Increase your sense of happiness
- Begin to execute personal and professional goals
- Increase your confidence
- Potentially increase your income
- Potentially sleep better

HOW TO REGISTER:

Visit: www.TheSuperAllergyCookbook.com
or call (716) 835-6392.

WHAT TO BRING: Please bring your current calendar, scheduler, planner, PDA or other scheduling device and a notebook.

Three additional exciting and dynamic seminars are available in Boca Raton: On March 3rd: 1:00- 3:00 PM Working and Playing in the Team Environment; On March 4th: 9:00 – 11:00 AM Sick & Tired of Being Sick and Tired and from 1:00 – 3:00 Write and Publish Your Book Now. Visit <http://www.TheSuperAllergyCookbook.com> to register or call (716) 835-6392.