

Beryl Krinsky, MBA, MS, RDN

Power of Productivity

Bio:

Beryl Krinsky is a successful Entrepreneur, who is the Founder and CEO of B.Komplete, a corporate wellness firm, and the Founder and Director of the Komplete Business Dietetic Internship.

Description of Presentation:

If you know you are working hard every day but not getting enough done, this event is for you. Spend just 1-hour with us at this event and get more done during your day moving forward!

Learning Objectives:

1. Attendees will identify a personal time-management challenge.
2. Attendees will identify 1 - 3 productivity strategies to implement.
3. Attendees will set a SMART goal related to personal productivity.