

Kathryn Anda



"I thought Kathryn was sensational! She showed a high level of professional ability combined with a knowledge of practical commonsense principles, which helped me take on her suggested ideas with ease, confidence and enthusiasm. I saw real results immediately for myself and my team."

National Sales Manager
Global FMCG Corporation

Blackberries, email, social networking, 24/7 availability – all provide unprecedented access often accompanied by immense information overload and its attendant stress (or distress)

Kathryn Anda, Managing Director Australia / NZ and Vice President Asia Pacific for PEPworldwide - a world leader in performance effectiveness - uses her extensive knowledge gained from over 5000 hours of executive coaching with major corporates and government departments, to change forever the way people work.

Drawing on her vast and ever-evolving knowledge of workplace productivity, Kathryn offers a high impact, transformational session which represents the right blend of behaviour change theories based on a platform of common sense principles. At conferences, public seminars and in house workshops she instils productivity practices for her audiences to get more important things done. Her topics include:

- "Generating 'More with Less'."
- "Increasing Productivity during an economic downturn"
- "Thriving in the information Age"
- "What you were never taught at business school"
- "Ripening Resilience in the workplace"
- "Creating change enabling platforms"
- "Is work life balance really achievable?"
- "What do we really know about Effectiveness?"
- "Putting your "Big Rocks" in first"
- "Get organised to get overwhelmed"
- "Creating an extra 2 hours per day"
- "Planning and Prioritising: Yes but How?"
- "The art of leverage: maximising time on what is important"
- "Navigating the email maelstrom"

Kathryn presents practical skills peppered with simple "how tos" and "tips 'n tricks" and easy to use tools and templates for areas such as personal organisation, planning and prioritising. By combining these with her enthusiastic, engaging style Kathryn makes her audience feel good about their work by helping them to release their administrative burdens and achieve what matters most.

Kathryn's past clients include Ford, Nestle, Lion Nathan, Telecom NZ, Stockland, Westpac, Flight Centre, Fletchers and the Health Ministry.