



# Music Celebrations International, L.L.C.

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Thank you, Emily Schwartz, for your recent presentation of The Time Diet here at Music Celebrations. As manager of the Operations Team, I can state with absolute certainty that we know what it is like to work in a "pressure cooker" for several months of the year. My team is expert at juggling the "fiery chain-saws," (as you picture in your presentation) however, I believe we need the help for time-management without crisis.

Since your presentation, my entire team is speaking in terms of Meats, Vegetables and Desserts. Several of my team has made charts showing the three groups and they fill it out each day, prioritizing and organizing their tasks.

Common sense tells us these very principles are necessary, but The Time Diet presentation is a palatable re-statement of these time-management skills. The restatement, presented in a nutritional elemental manner, makes total sense. Many of us watch what our bodies consume, however, we waste time each day in a mindless quandary of "what should I do next?" or "which pile of paper should I sort now"? The Time Diet reminds us to focus on the important "meat" tasks that we put off because we know it will be time-consuming and difficult, by giving us permission to break this overwhelming task into smaller portions. Work on the "meat" for thirty minutes, then break it up with a necessary but less time consuming "vegetable" task.

My hope is that we will learn to prioritize, organize and complete tasks so well that juggling those "fiery chain-saws" will seem a little less daunting because we will know how to manage the day-to-day tasks. I have already seen a change in the atmosphere of each of my team. There is less chat and more focus as each works their diet list.

I particularly liked the way you presented The Time Diet according to our company, and the demands that we have upon us here and now. You obviously put much thought and research into your presentation as you customize it for your audience.

Bravo, Emily Schwartz, Bravo!

Carol Navarro  
Operations Manager  
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