

Dr. Emily Schwartz

Height: 6 Feet

Energy: 110%

Unforgettable? Absolutely

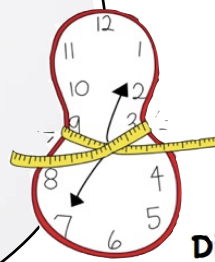
Emily Schwartz, PhD is a speaker, author, and educator dedicated to eliminating wasted time and streamlining efficient communication with The Time Diet her more “digestible” approach to time management. In The Time Diet, everything you do is either a Meat (difficult) Vegetable, (easy) or Dessert (fun.) Emily teaches people to plan a balanced diet of these things each day to increase productivity and maintain a low stress level.

Emily has a unique combination of K-12, University, and corporate teaching experience and draws from doctoral research in motivation and success attributions.

Sample Clients

Arizona State University
Cal Poly Pomona
The First Tee
MERC Animal Health
The United Way
The Upside of Downs

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The Time Diet™

Digestible Time Management

Topics

Time Management for Student Survival - It takes so much more than “smarts” to succeed in high school, college, and beyond. This practical workshop inspires students to stop making excuses, eliminate distractions, and apply essential time management skills in their academic and personal lives.

Your Heart is Bigger Than Your Schedule: Time Management for Non-Profits - Saving the world with an exhausted staff and a shoestring budget, that’s the life of a non-profit! This workshop addresses wearing multiple hats in the office, saying no, common distractions, the 5 Minute Rule, and more.

Public Speaking Skills for Efficient Communication - When you speak, do people listen? When you write, do people read? Improve your office communication skills, even if you’re scared of the mic, freeze up on the phone, or trip over your words.

Publications

