

An Engaging Program for your Meeting or Professional Development Seminar

# So You Think You Can Multitask?

## Making the Most of Your Time and Your Talents in the Internet Age



Even highly motivated people suffer from CyberOverload. This presentation gives them help.

### Unique Features of This Program

- It involves interactive “**mind exercises,**” which *demonstrate* the problems discussed
- It reports on recent **brain research** in a down-to-earth, engaging way
- It provides **no-cost solutions** for enhancing productivity and boosting creativity
- It **reduces stress** by helping people work smarter rather than working longer
- It helps people design a **growth-promoting work environment**

**Whether you're simply trying to achieve more yourself or you're managing other people,** finding out how digital distractions affect our brains will help make the most of the time and the talents available to you.

### What Attendees are Saying:

“I can't imagine it being more relevant.  
It was great!”

“Thanks for promoting a healthier approach to keeping productive.”

“Best class I have taken in years.”

“I'm going to put these strategies to work as soon as I get back to the office!”

“I think this course should be a mandatory part of our yearly training!!! *It was very good and very timely.*”



To inquire about booking Dr. Cantor  
for a keynote or workshop  
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or email [cantor@yourmindonmedia.com](mailto:cantor@yourmindonmedia.com)

For more information:  
[www.yourmindonmedia.com](http://www.yourmindonmedia.com)



## Joanne Cantor's Credentials:

- Internationally recognized expert on the psychology of media and communications
- Frequent speaker for corporations, professional associations and conferences
- Regularly cited in the media (She's appeared on *Oprah*, *Good Morning America* and *The Daily Rundown*)
- 26 years as an award-winning professor at the University of Wisconsin-Madison
- Author of *Conquer CyberOverload: Get More Done, Boost Your Creativity, and Reduce Stress*



## Testimonials:

"Great job! We are all pleased to have your clear tools on how to be the master, and not the *servant of digital technology*."

—**Jac Garner, President & CEO, Webcrafters, Inc.**

"Love it. Absolutely love it! Employers need critical thinkers and problem solvers."

—**Jane Birtholz, Employer Relations, Lakeshore Technical College.**

"While listening to Joanne Cantor speak, I found myself sitting on the edge of my seat, *fascinated by what she was saying*."

—**Janet Gietzel, Executive Director, A Fund for Women**

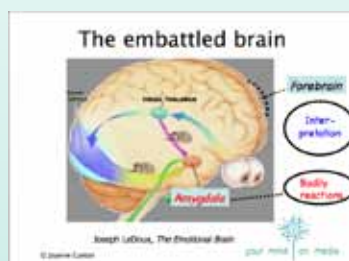
"Ever since I heard you speak, I always think of you when I'm tempted to check emails during a meeting. I know my mind can't be two places once."

—**Susan Schmitz, President, Downtown Madison, Inc.**

## Other Popular Presentations by Joanne Cantor:

### THIS IS YOUR MIND ON MEDIA: STAYING SANE IN A CRAZY CULTURE

Are your communication habits (from television to Twitter) making you feel more connected and in control—or are they controlling you and stressing you out? Learn how the mind works: How recent research in neurophysiology suggests that the media's impact is more intense and disruptive than you think. Learn how to use this knowledge to reduce stress by managing the digital devices in your life.



### FACEBOOK VS. FACE TIME: RELATIONSHIPS AND MENTAL HEALTH IN THE INTERNET AGE

Our new communication devices can keep us apart as often as they bring us together. Learn about the latest trends in social networking and how our brains react to different modes of communication. Come away with strategies for deciding how and when to rely on face-to-face vs. electronic connectedness to achieve better mental health and more satisfying interpersonal relationships.

