

Mind Mastery Coaching

Change your Mind,
Transform your Life!

The Time Bandit – 5 Keys to Managing Time

The importance of time management to create less stress in all areas of life.

Time is the nemesis of most people. We all have the same 24 hours each day. If used effectively, even one hour can be used productively and positively.

Using five simple keys, this powerful presentation teaches participants how to make sure time doesn't hold them hostage.

Participants will learn how to ...

- ✚ Create a Time Map
- ✚ Simplify and Focus
- ✚ Eliminate Sources of Adrenaline
- ✚ Prioritize Effectively
- ✚ Create firm boundaries

45, 60 or 90 minutes long.

Can also be part of a half-day workshop.

Selected Sampling of Speaking Clients:

Los Angeles Valley College – Human resources Academy
Los Angeles Police Dept. – CLEARs (Records Supervisors)
Los Angeles Police Dept. – Los Angeles
Wealthy Women's Conference 2004
NAFE (National Association of Female Executives)
Los Angeles Rotary
NEW – Network for Empowering Entrepreneurial Women
Center for Community Solutions: Healing and Preventing
Violence – San Diego

"Hazel is extraordinary! Her presentation was fun, clear and to the point. I left with a new way of thinking, both on life and for my business and hired her to be my coach. Her expertise is evident in her subtle yet amazingly powerful techniques."

~ Dr. Lori Grayson – Los Angeles, CA



Hazel C. Palache

Personal and Professional Life Strategist

Hazel Palache, MFC, CMChT, CPC, CNLP, is a dynamic international coach, speaker, author, workshop facilitator and founder of Mind Mastery Coaching. She works with small business owners and entrepreneurs and is often referred to as The Success Doctor.

Hazel is an expert in teaching people how to discover their own potential and the keys to creating leadership and success; time being one of them. She encourages audiences to live their lives from the inside out and think outside the box.

Always including humor, she uses the unique tools and techniques of her vast training and life experiences to teach, motivate and inspire audiences to quickly change their thought process in order to create the most powerful and successful results.

Hazel is action-oriented, and audience participation is an integral part of all her programs. Audiences leave her presentations with greater clarity, more focus and energy and the tools to create change and greater success.

Hazel's presentations are educational, empowering and fun. The lessons she teaches continue far beyond the event itself.

Hazel C. Palache, MFC, CMChT, CPC, CNLP
4570 Van Nuys Blvd., Suite 449 :: Sherman Oaks, CA 91403
818-972-4415
<http://www.MindMasteryCoaching.com>
email: Hazel@MindMasteryCoaching.com