

# *Time for Success*

*Strategies to Organize Time and Space*

## **Making Time for Success 2014: *Best Practices for Habit Creation – Part 2***

### **What is *Making Time for Success*?**

A one-hour call once a month to explore themes about how to **make** time for success

### **What does it cost?**

Nothing – It's **FREE!** And something **NEW** this month – the chance to win a free coaching session by phone for those who attend the call in real time...

### **When are the calls?**

The seventh call of 2014 is on **Thursday, August 14 at 4:00 – 5:00 p.m.** (Pacific Time).

The theme is ***Best Practices for Habit Creation – Part 2***.

We'll review the best practices for habit creation described by Madelyn Griffith-Haynie in her blog <http://addandsomuchmore.com/author/mghcoach4add/>.

The eighth call of 2014 will be on Monday, September 15 at 4:00 – 5:00 p.m. (Pacific Time). The theme for September is ***8 Ways to Say “No”!***

### **What is a theme?**

A theme is the topic we explore during our interactive call.

The August 14 theme of ***Best Practices for Habit Creation – Part 2*** explores the work of Madelyn Griffith-Haynie, a renowned coach who specializes in individuals diagnosed with ADHD. Whether or not you have ADHD, you'll find her recommendations for best practices to be creative and practical. She shares many perspectives about habit formation discussed by Charles Duhigg in his bestseller, *The Power of Habit*.

### **What is the format of the call?**

The facilitator, Kathie England, will provide an overview of the theme, introduce key strategies, and then open the call for questions, ideas, sharing, and creativity.

### **Who can join the call?**

Anyone who pre-registers via email at [kathie@timeforsuccess.net](mailto:kathie@timeforsuccess.net) (at least two days before the date of the call)

After you have registered, you'll receive the phone number and access code for the call plus the agenda and any other hand-outs used during the call.

### **Who will want to participate in the call?**

People who...

- ...want to be more successful
- ...aren't satisfied with the status quo, want to take action, and are ready for change
- ...are curious, creative, and enjoy exploring what's possible
- ...are intelligent and willing to take a risk now and then
- ...are looking for solutions and are energized by ideas
- ...are ready for adventure – who knows what we'll discover during the conversation?
- ...are engaged, open, and looking for opportunities to ask questions
- ...would like a safe playground to explore opportunities and incubate ideas

### **Who facilitates the call?**

Kathie England, Professional Certified Organizer Coach® and Certified Professional Organizer®, president of Time for Success, Inc. launched in 2002.