Presentation

HIGH-PERFORMANCE HABITS FOR BUSY PROFESSIONALS

Ashley Wynn

Workshop Facilitator

About Ashley

Organizing and teaching others has always been my passion, and my eye for detail has been a cornerstone of everything I do. As a busy working mom constantly on the go with my daughter, I understand the importance of balance and efficiency in everyday life.

Before starting Outstanding Organizers, I spent 10 years as a dental assistant—a role where attention to detail and precision were essential. Later, I transitioned into the IT space, where strong organizational skills were equally critical. These experiences shaped the meticulous and results-driven approach I bring to every project and workshop.

Page 01

About the Company

Outstanding Organizers is a professional decluttering and organizing company based in Atlanta, Georgia. We specialize in helping individuals, families, and professionals create calm, clutter-free spaces and build simple, sustainable systems that make everyday life easier.

Through our decluttering & organizing services, group coaching, and transformative workshops, we empower clients to reclaim their time, reduce overwhelm, and stay organized with confidence. We believe that organization isn't about perfection—it's about creating flow, focus, and freedom in every area of life.



Common Challenges in the Workplace

What's Holding High Performers Back?

- Constant distractions and task switching
- Overloaded schedules with unclear priorities
- Burnout and lack of motivation
- Poor work-life boundaries
- Inconsistent productivity despite effort



The Solution

This workshop teaches simple, repeatable systems that high achievers can use to:

- Maximize focus
- Protect energy
- Prioritize effectively
- Establish clarity and control
- Avoid burnout



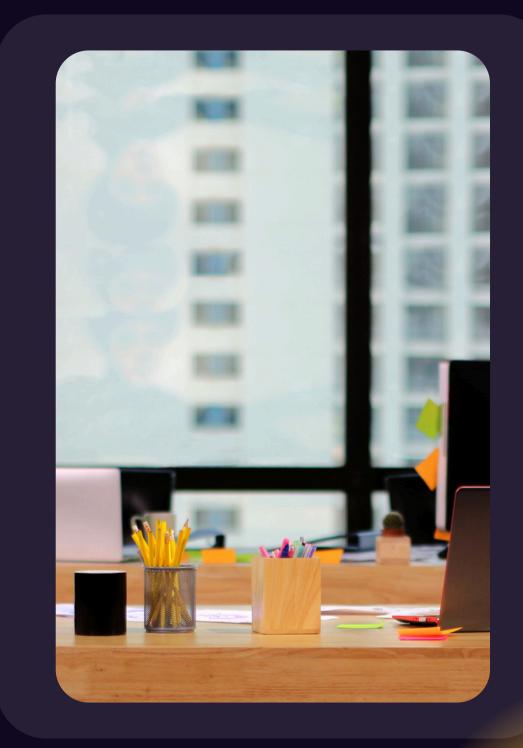
Why Habits Are the Key to Sustainable Success

Today's professionals are busier than ever—but high performance isn't about doing more. It's about doing what matters, consistently. This workshop delivers science-backed habits that increase clarity, focus, and energy without adding more pressure to your day.



Key Workshop Topics

- The science of high-performance habits
- How to build a "daily rhythm" that supports focus
- Techniques for reducing decision fatigue
- The power of micro-routines (5-minute resets)
- Creating personal boundaries that protect energy
- Real-life tools to implement immediately



What You'll Walk Away With

Actionable Tools & Resources

- A printable "Habit Stack" worksheet
- Focus Tracker Template
- Daily Reset Routine
- Energy Map & Priority Planner
- Accountability strategies to stay consistent



Who This Is For

- Professionals managing high workloads
- Leaders who want to perform at their best
- Teams looking for improved efficiency
- Entrepreneurs juggling multiple priorities



How the Workshop Works Works

01

60-90 minute session (in-person or virtual)

02

Includes live teaching, practical demos, and group engagement 03

Participants leave with take-home resources

Optional Q&A or breakout activity available

Why Book This Workshop

- Actionable, not abstract
- Engaging & interactive format
- Customizable to your team's needs
- Led by a relatable expert who gets busy professionals



Ready to Elevate Your Team?

Info@Outstandingorganizers.com www.Outstandingorganizers.com 678.887.5757



THARK YOU

For Your Attention