

---

Presentation

# **HIGH-PERFORMANCE HABITS FOR BUSY PROFESSIONALS**

Ashley Wynn

Workshop Facilitator

---

[www.outstandingorganizers.com](http://www.outstandingorganizers.com)

---

[info@outstandingorganizers.com](mailto:info@outstandingorganizers.com)

---

# 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.





# 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

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](mailto:Info@Outstandingorganizers.com)

[www.Outstandingorganizers.com](http://www.Outstandingorganizers.com)

678.887.5757







# THANK YOU

For

Your

Attention