



Time Management and Productivity Expert Laura Stack Offers 55-1/5 Easy New Ways to Boost Productivity in Just One Day



Staying productive in the workplace and at home can be a challenge for anyone in today's high-stress, high-technology world. In her new blog, "55 1/5 Easy Ways to Boost Productivity Today," time management and productivity expert Laura Stack delivers 55-1/5 new tips for eliminating the little distractions that eat up time.

DENVER, Colorado, April 4, 2012 – Countless obstacles and distractions keep workers from having productive days. No matter how early the day begins or how late it ends, projects go uncompleted and new work stacks up, costing businesses billions in underproduction annually. Time management and productivity expert Laura Stack says the first step to eliminating these obstacles is to acknowledge each distraction individually and attempt resolve it. This, she says, can be done in painlessly and fairly quickly by any committed individual.

In her new blog, ["55-1/5 Ways to Boost Productivity."](#) Stack takes on the worst offenders that keep workers from getting the most output possible in an eight-hour day, offering new advice for taking back time. Individually, these productivity culprits are brief and familiar—the “ding” sounded every time an Email hits the inbox for instance, or the revolving office door through which colleagues appear unannounced throughout the day—but the resulting unproductive time adds up quickly.

According to Stack, any number of small disruptions can cumulatively turn into huge time sinks that hamper productivity.

“We’re all trying to do more with less, and chances are that you and your company have already made the big, tough decisions needed to streamline operations,” Stack says. “But what about the little things?”

Stack says individuals can boost both personal and team productivity by adopting a number of small changes – 55-1/5 of them, to be exact – that are easy to implement and provide immediate results. Beginning with the first hour of the day, Stack offers a glaring look at the ways workers self-sabotage with time-wasting habits. Chances are, checking Facebook or visiting coworkers on the way to a coffee refill within the first hour of work is a stage setter for the rest of the day.

Stack, a sought-after time management and productivity expert who helps corporations and organizations worldwide maximize employee productivity, bases her advice in part on the notion that consistently working toward a goal, whether personal or work related, can make finding the discipline to eliminate distractions and carve out time to achieve it easier.

To find out more about improving personal and workplace productivity, visit the Productivity Pro website at www.TheProductivityPro.com, send an Email to Laura@TheProductivityPro.com, or call (303) 471-7401.

About Laura Stack:

[Laura Stack](#) is a time management and productivity expert who has been speaking and writing about human potential and peak performance since 1992. She has implemented employee productivity improvement programs at Wal-Mart, Cisco Systems, UBS, Aramark, and Bank of America. Stack presents keynotes and seminars internationally for leaders, entrepreneurs, salespeople, and professional services firms on improving output, lowering stress, and saving time in the workplace.

The president of [The Productivity Pro®, Inc.](#), a time management firm specializing in high-stress environments, Stack is the bestselling author of five books: “SuperCompetent” (2010); “The Exhaustion Cure” (2008), “Find More Time” (2006), “Leave the Office Earlier” (2004), and “What to Do When There’s Too Much to Do” (scheduled for release in June 2012). The 2011-2012 President of the National Speakers Association and recipient of the Certified Speaking Professional (CSP) designation, Stack has served as a spokesperson for Microsoft, 3M, Xerox, and Office Depot, and is the creator of The Productivity Pro® planner by Day-Timer. Widely regarded as one of the leading experts in the field of employee productivity and workplace issues, Stack has been featured nationally on the CBS Early Show, CNN, and in USA Today and the New York Times.

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