

Productive to the Max

Productivity Performance Profitability

Ann Max



Website Strategic Solutions Coaching Speaking Media Center MaxTips! Contact Us

June 2013

A Mini-Vacation? You Deserve It!

Since my husband and I work together, we have always tried to take time every six weeks or so to go away for a long weekend, a mini-vacation. When we were young (younger?) and poor, we would reserve the nicest accommodation we could afford. The best one was in St Jovite, where the sign said M-tel (the light was missing on the O), the proprietor sported many tattoos and long gold chains to match his long matted hair, and the rooms were "themed" in colors, complete with whirlpool tub and polyester bedspreads from the Sears catalogue. You can just imagine.....

Now that things have improved, we stay in much nicer digs and eat at nicer restaurants.

The point was that we got away. From the minute we left the city for the open country roads, we relaxed, had time to really communicate and just be. This is very different from a longer vacation in that it feels like a spur-of-the-moment decision, requires little planning and you don't have to worry about things piling up since you are away for only a short time.

When was the last time you did something like that for yourself (or yourselves)? It does require a bit of planning and there are some ground rules that you should follow:

1. Plan that time on your calendar and mark it "Sacred", "Private", "Do Not Disturb", "Go away" or any other

In This Issue

[A Mini-Vacation](#)

[LEAP as a mini-vacation](#)

[Mini-Max Webinars](#)

[Join Ann at the Kanata Chamber](#)

[An opportunity](#)

Quick Links

[View our Blog](#)

[Check out the LEAP Summit](#)

[Visit our website](#)

Connect with Ann

similar comment in that block of time so no one else can book it.

2. Either reserve your accommodation in advance or take a chance on finding something after you arrive. Since the point of this break is to relax, we pre-book accommodation to avoid surprises. If you are the type to wing it go wherever the road takes you.
3. Leave your to-do list, cellphone, computer, watch, kids, dog, in-laws, work and anything else that tends to be stressful....at home. (This also may mean that you go away alone!)
4. If you go by car, just throw in anything you think you may need. You don't have to worry about squishing all those clothes into the tiny suitcase to comply with airport or train restrictions.
5. Mosey off to your destination with no concern for time or speed. Do what you want, where you want, when you want. Stop and see the sights. Go antiquing, visit outlet stores, peek into interesting places along the way.
6. Ditch the suits, the makeup, the pantyhose. Go commando and let it all hang out!
7. Leave Weight Watchers at home.
8. Do one thing that you have never done before.
9. Make like a kid. Go to a waterpark, play mini-golf, visit an amusement area.
10. Live in the moment, gaze at the stars, contemplate your navel, think positive thoughts.
11. Play games in the car like you used to do as kids.
12. Sing
13. Notice the beauty in nature, people and things.
14. Read a romance novel.

So while you are planning your longer summer vacation, keep in mind the importance of the shorter mini-vacation in between. It will make your life much easier and enjoyable.

[Forward to a friend](#)

[Join the mailing list](#)

LEAP Gives Women a Mini-Vacation!



Join us on **Thursday, September 12, 2013** at the LEAP (Life Enhancement and Productivity) Summit at the Ottawa Conference and Event Centre (formerly the Hampton Inn) in Ottawa, Ontario.

The LEAP Summit is an opportunity for women to share common issues such as balancing careers, relationships and everyday life. The Summit is where women can face these challenges together. Take this opportunity to connect with peers and support each other as well as prosper from women that have already taken the LEAP.

This is unlike any other conference you have attended. When you register, you will be sent a questionnaire regarding your issues and challenges. Your responses will form the content of the conference!

Early-Bird Registration is going fast and tickets are already moving!

Deadline for early- bird registration is June 30, 2013.

If you are subscribed to *Maxtips!* you will automatically receive the updated information.

To access the latest information check our [website](#) or paste <http://productivetothemax.com/leap-home/> into your browser.

Watch for our new Mini-Max Webinars

Our new **Mini-Max Webinars** will be offered once a week

during the summer!

At Productive to the Max, we are well aware that your time is limited. We are also convinced (and attempt to convince our clients) of the importance of being proactive by improving your skills and planning time for personal and professional development.

Keeping this in mind, our webinars will be:

- Short and Sweet (1/2 hour duration) followed by Q & A of 10 minutes
- Offer three specific points to help you improve your productivity
- Provide extra information after the session in the form of a PDF file
- Downloadable afterwards for those who cannot attend at webinar time
- Fun and entertaining
- Easily accessible

Stay tuned...for further information.

Join Ann at the Kanata Chamber of Commerce



Wednesday, June 12th

Holiday Inn & Suites Ottawa Kanata
Registration: 7:15am

Breakfast & Networking: 7:30am - 8:10am
Presentation: 8:10am - 9:00am

[Keynote Presentation](#)

Ann Max

MIND YOUR OWN BUSINESS - Productive Strategies for Success

Is your organization productive and efficient? Are you reaching your goals through strategic planning that promotes accountability and responsibility? Is the blame for your lack of direction or ability to fulfill your objectives directed at chaos, clutter and confusion? While that may

be part of the problem, very often underlying factors include everything from improper systems, processes and procedures, to ineffective time management and inappropriate focus.

Learn how to apply the five elements of the productivity matrix, **Focus, Flow, Discipline, Behaviour** and **Motivation** to increase efficiency to make positive changes to your bottom line. Acquire workflow and information management techniques that will save time, space and energy.

You will walk away from this breakfast feeling energized, motivated and able to improve the productivity of your team and yourself.

Don't miss out, sign up today at the Chamber's [website](#)!
Open to members (\$25+HST) & non-members (\$35+HST)

An opportunity from one of our clients.....

I recently learned that very few people in Ottawa (including myself) have a Wealth Plan in place for their retirement. I want to get you started on the journey to completing such an important aspect of your life so I am hosting a FREE **Wealth Boot Camp** on Thursday, **June 20th**, 2013 and I hope you will attend.

You can visit www.OttawaPropertyPros.com under **Events** for more information and to register. You are welcome to bring a friend or family member.

Jenna Swinwood

Real Estate Broker with the Ottawa Property Pros Team

Keller Williams Solid Rock Realty Inc.

Direct: 613-323-1222

Bev Clark (Assistant) Direct: 613.520.4151

www.EnjoyYourMove.com

Sincerely,



Productive to the Max | 613-594-4533 | Info@productivetotheMax.com | <http://www.productivetotheMax.com>
Ottawa, ON Canada

Copyright © 2012. All Rights Reserved.

[Forward this email](#)



This email was sent to annspeaks@productivetotheMax.com by annspeaks@productivetotheMax.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Productive to the Max | Ottawa | Ottawa | Ontario | Canada