

# Time management topic of free seminar

North Tahoe Business Association is hosting a free seminar for businesses titled Time Management for Busy People.

It is Feb. 9 from 8-9:30am at the North Tahoe Event Center in Kings Beach.

The seminar is designed to optimize work-life harmony by:

- Identifying time-wasters and reasons for procrastination
- Discovering if you are “addicted to urgency”
- Getting a perspective on what matters most in your life
- Prioritizing what is important and what is urgent
- Uncovering your prime real estate
- Implementing high impact tips to beat the clock
- Exercising integrity in the moment of choice.

The seminar will be taught by business coach and nationally known speaker Laura Moriarty, president of Tahoe Training Partners.

Complimentary continental breakfast is provided to seminar attendees who register before Feb. 5. For more information, call 530.546.9000.