



Rita Emmett,  
Author, Speaker, Trainer  
with Katie Couric on  
The TODAY Show

# Rita Emmett Helps Students, Faculty, & Staff Blast Away Procrastination & Conquer Clutter!



Rita Emmett

## Rita Emmett

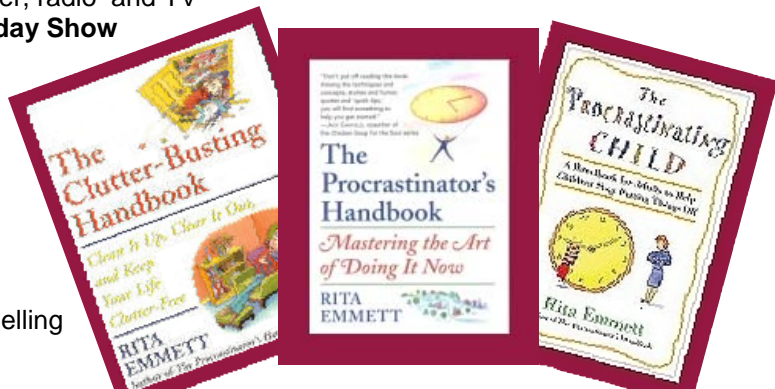
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TO:

**100 FREE BOOKS**  
When You Book  
Rita Emmett for your event.  
**CALL TODAY!**  
Great Gift For your Students  
\$1,095<sup>00</sup> Value

### Rita Emmett authored 3 International Best-Selling Books, Which Combined Have:

- Helped thousands of students, faculty and staff break their procrastination and clutter habits
- Been featured in *Time Magazine*, *Family Circle*, *The New York Times*, *Wall Street Journal*, *The Financial Times* and *Christian Science Monitor*
- Sold over 220,000 copies
- Been the subject of 178 newspaper, radio and TV interviews, including *The Today Show* with **Katie Couric**
- Sold in 32 countries
- Been book of the Month Club selections
- Received an award from Digital Palm Media as the **Top Selling Non-Fiction e-Book.** (Stephen King was the Top-Selling Fiction e-Book.)



## The Ideal Speaker for Any Event!

- Orientation / Welcome Week
- Conference Keynotes
- Leadership Programs
- Lectures (Anytime of Year)
- Convocation Series
- Career Programs
- Greek Sponsored Events
- Athletic Programs
- Staff Development

Contact Rita Emmett NOW at 877-426-3266 or Rita@RitaEmmett.com wwwRitaEmmett.



**“Recovering Procrastinator”  
Rita Emmett says:  
“Let me help your people break  
life-long habits and achieve  
life-changing results.”**

**AWARD-WINNING PROGRAMS  
Keynotes & Seminars For Students, Faculty & Staff**

**Rita Emmett with Pulitzer Prize author of *Angela’s Ashes*, Frank McCourt, who says: *Rita Emmett’s light-hearted book is the kind you take on a cruise or kill time with in a funeral home. For anyone like me, addicted to punctuality, you’ll find The Procrastinator’s Handbook an enticing piece of work.*”**

**How To Do More  
In Far Less Time**

**Blast Away Procrastination**

Based on *The Procrastinator’s Handbook*  
by Rita Emmett

- Do you suspect that any of your students, faculty or staff procrastinate?
- What affect would it have on your institution if your students learned strategies to blast away their procrastination habits? Less failures? Less drop-outs? Improved grades?
- How would productivity and effectiveness improve if your faculty and staff had an extra two hours per week – at no additional cost – because they stopped procrastinating?

**Schedule “Recovering Procrastinator” Rita Emmett to bring her high content/high fun interactive presentation to your campus. And PLEASE don’t put off calling this unforgettable speaker with her life-changing message.**

\* \* \* \* \*

**Got Clutter? Changing 4 Habits  
Can Change Your Life**

(Based On *The Clutter-Busting Handbook* by Rita Emmett)

Can you imagine how many lives would change if you provided a speaker who would help them stop doing the Clutter Shuffle rummaging through piles of stuff looking for something important?

How would life be at your school if you offered help to those Pack Rats who save everything because they might need it some day? Then when they DO need it, they forgot they had it ... or if they remembered that they had it, then they couldn’t find it?

“Recovered Pack Rat” Rita Emmett believes that clutter does not come from being lazy, disorganized or messy, it simply comes from **four changeable habits**.

Once people work on any one of these four habits, they see their clutter start to melt away, and Pack Rats learn to say good-bye to their stuff without breaking their hearts or sobbing like baby poodles.

Do you control your time or does your time control you? Each of us receives the same number of hours every day. Why is it that some people seem to accomplish so much, yet still have time for family, friends and fun, while others race along at top speed spinning their wheels? This presentation will cover topics such as procrastination, priorities, goal setting and tips for becoming more organized.



**Face Up To Stress  
And Prevent Burnout**

Is everything in your life getting twisted, turned and tangled by stress? Are the pressures of each day leaving your frazzled and frustrated? No one can completely *eliminate* stress. But you can manage it in healthy ways, and no one shows you how to do it better than Rita Emmett.

In yet another of her signature high content/high fun presentations, she shows simple, practical ways to shake off stress and rise above it.

# Have You Booked Top International Non-Fiction, Best-Selling Author, Rita Emmett, Yet?

What Others are saying About Rita Emmett  
Students, Faculty and Staff  
Award Rita Top Grades!



Rita Emmett with Mark Victor Hansen, best selling co-author of *Chicken Soup for the College Soul*.

This is just what I needed. We students are desperate for help with our procrastination. Why wasn't Rita here when I first started?? —  
**Student, U of WI, Green Bay**

Rita was fantastic! Can't believe how fast this all-day seminar flew by. I learned more about my communication skills that will help working with the other staff members. --  
**Staff, U of WI, Green Bay**

So happy to have you back for a repeat presentation. Once again, you make our committee look good by choosing you. I do not hesitate to recommend you to my peers across the country. In fact, I will make sure they hear about you!  
—**B. Fox, Black Hawk College**

Rita does a fantastic job of using humor in reality of living with rich, excellent advice for everyone's life; bring her back again! —**Student, Clemson University, SC**

Your presentation was dynamite. I have never seen such great comments! — **J. M. Swanson, Program Coordinator, Clemson U**

I see evidence of team building efforts among our Student Leaders and better communication in areas where they weren't evident previously. —**F. Lerner, Oakton Comm. College**

Perfect! Procrastination was killing me and now I have the tools to battle it. Rita explained what I need to do and how to do it. She gave me hope when I felt like there was no hope. —**T. Larsen, student, Oakton Comm. College**

Very energetic and lively closing. You saved the best for last. —  
**Student, Clemson University**

**You were fantastic!  
I could have listened  
to you for hours.  
—B. Ryan, Student,  
Highland College**

I know that the day was successful when three weeks later, the staff and faculty are still talking about what a great day we had, and that was due to your comfortable way of delivering messages we could incorporate into our lives that very day. —**P. Schwartz, Illinois ECC**

Rita's style and personality encouraged me to participate when normally I would not. Kept my interest on a topic for which I've heard many presentations. —**Student evaluation, UW -Green Bay**

Rita was a God-send. She seemed to come from where we've been, and is going where we'd like to be. Her humor and suggestions were, and will be, most useful. —  
**Participant in Conference for Special Education Cooperative**

Terrific seminar "Teaching Strategies: Alternatives to the Lecture". I've used many of the suggestions in my own classes. One of the participants said, "Rita was great. The three hours sped by and much information was gained." —**L. Secret, Harper College**

Thanks again for the two liveliest, most enjoyable and valuable classes we've had in my memory, and for making me look absolutely brilliant! —**R. Schatell, Illinois Writers' Group**

Our coordinating staff was very impressed by your thoughtfulness, your consideration, and your attention to the many small details that made for a most successful event. You take your work seriously – and it shows – but you also live a balanced life that makes things light and fun. Believe me, those traits also show and they are ones that are very highly prized by everyone. —**R. H. Wells, Chancellor, University of Wisconsin - Oshkosh**

**As the Meeting Planner, you will have a stress-free experience working with Rita —and your audience will experience a high content / high fun interactive program.**

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## Why You Will Love Booking Rita For Student, Faculty and Staff Programs!

### **Productive Ways to Learn**

Enlightening! Entertaining! Timely! Informative! Useful! FUN! You have a wonderful way of putting people at ease that encourages active and lively participation. *H. Berry, Assistant to President of Wilbur Wright College*

### **Pleasure to Work With**

This is the third year in a row you've been with us and you've been a pleasure to work with! So thorough from the first contact I made with you. ...Your words of wisdom are being quoted among staff, even 3 weeks later. ...I can see culture change happening here and you have played a part in it. *B. Fox, Black Hawk College*

### **Positive Evaluations**

When students take the time to say how wonderful your presentation was, I know that our program is on the right track. *S. Adamowski, Ph.D., Triton College*

### **Expertise and Professionalism**

I truly enjoyed working with you and the students gave you great evaluations. Your expertise and professionalism are praiseworthy. *K. Janik, DeVry Institute of Technology*

### **Transformative: Attitude Change**

A woman transferred into our department a few weeks prior to your presentation. She was very negative and quite short with people; NOT very excited about the conference but did attend. I don't know what you said that made an impact, but her attitude has totally changed - she now laughs, has become a part of the office and is much more enjoyable. As a matter of fact, she has even quoted you a few times. *T. Marquardt, U. of Wisconsin - Green Bay*

### **Transformative: Behavior Change**

I cannot begin to quote all the positive comments I have received regarding your keynote and breakout sessions. "Blast Away Procrastination" was so well received that I think we may actually see a change in the completion time of district reports! *P. Schwartz, Illinois Eastern Community Colleges*

### **Info that Can Immediately Apply**

Your interactive and dynamic workshop effectively demonstrated ways faculty and staff can address procrastination and time management in their professional and personal endeavors. Many of the tips and techniques you presented will be

immediately applicable in the classroom and work setting. *M. Krishnamurthi, Northern Illinois University*

### **Informative, Reliable and Entertaining**

Hope you'll be able to continue to work for us. It is so good to get a speaker you can count on to be informative, reliable and entertaining all at the same time! *L. Salotti, Triton College*

### **Addresses Needs of a Diverse Group**

It was a real pleasure working with you again and the individual attention you gave to the needs of our audience. We have such a diverse student body and I was thrilled that you addressed the needs of so many people, and did so with humor and grace while delivering an important message. *P. Schwartz, Illinois ECC*

### **Energetic**

The campus community is still abuzz talking about your excellent presentation at our inaugural "Classified Staff Appreciation Day." The energetic session you lead was an excellent start to a perfect day. *R. H. Wells, Chancellor, U of WI- Oshkosh*

### **Message With Lasting Power**

Two weeks later I am still hearing positive things about your presentation *L. Salotti, Triton College*

### **Makes You Look Good**

Thanks for making me look good. So glad you are available for our next conference. I look forward to working with you again. *J. Swanson, Clemson University*



*Students love it when Rita signs their books!*

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