



Jason W. Womack
Electronic Press Kit

International Speaker. Productivity Expert. Executive Coach. Author.

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BIOGRAPHY

Jason Womack is a leading voice in personal development and productivity - coaching high performing professionals across the globe on practical methods to maximize tools, systems, and processes to achieve a quality work/life balance. Jason is the CEO and Founder of The Womack Company, an international training firm that helps busy professionals be more productive, as well as the Co-Founder of the Get Momentum Leadership Academy, and the author of four books, most recently: *Your Best Just Got Better* (Wiley, 2012) and *Get Momentum: How to Start When You're Stuck* (Wiley, 2016) which he co-authored with his wife and business partner, Jodi Womack. Together, Jason and Jodi are on a passionate mission to help people reach their full potential.



Jason has traveled to over 23 countries including Indonesia, Singapore, Chile, Mexico, England, Switzerland, Germany, Guatemala and Colombia and around the United States, stopping in 46 states, speaking at various conferences and coaching leaders across industries, training them in the art of increasing their workplace productivity and achieving personal happiness.

Jason has the unique ability to take people as they are and focus their individual abilities to reach their very best. His compassion and empathy help to propel those he works with in-person, online and through his writings to new heights with little resistance and maximum effectiveness. Jason understands that each of us plays many roles – leader, partner, spouse, son, friend, community volunteer, athlete – and to succeed in each of these roles requires a core set of practical and actionable skills that can be learned and honed by anyone with a bit of direction, motivation and support.

SPEAKING TOPICS

Whether you're looking for a conference keynote, panelist, or workshop leader, Jason Womack's world-renowned leadership and coaching experience paired with his authentic, enthusiastic and personable demeanor combine to provide your audience with a thought provoking, life-changing, goal-setting experience.

Womack zeros in on practical, current, and actionable ideas that will immediately impact how your audience sees their goals, their dreams and their overall productivity and way of living.

Below are Jason's most popular speaking topics. Of course, he'll create custom content for your audience upon request.

Get Momentum: How to Start When You're Stuck

Feeling stuck? Maybe you've been waiting until you have the time, money or perfect plan to start what you've always dreamed of. It's not that you're lazy. Quite the contrary. You hustle. You juggle multiple projects both in your work and at home, but you're left wanting more. More time, more fulfillment, more success...and no clear direction or understanding of how to get there. You just need some guidance, some clarity, and then you'd get rolling.

In this presentation, Jason will:

- Coach you in the mindset, skill set, and toolkit required to make progress
- Teach you how to achieve goals faster and easier, while living a less stressful, more meaningful life
- Introduce the 5 Stages of Momentum that will enable you to start making significant progress in achieving your goals and dreams

Empowering Your Team: Encouraging Excellence

Success, in life and at work, requires that we are able to work effectively and efficiently with those around us. In order to go far and fast, we need to lead people using techniques that build one another's' self-efficacy and encourage them to step into and up to ever increasing challenges. By encouraging excellence we are ultimately equipping others with the confidence to succeed and rise above.

In this presentation Jason will:

- Highlight the importance of empowering your team
- Specify specific empowerment techniques
- Uncover the hard truths of how we as leaders are actively disempower our teams

Resilience: How to Stay the Course when Life Gets Hard

We all want something in life. Maybe it is more money, to make a difference in someone's life or that we want it all to make sense. When things are good, we are fine. But what happens when it all seems to go wrong? The money isn't there. Nothing you do seems to make a difference, and nothing seems to make sense. What we need is resilience.

Business is hard, and life can be hard at times too. Sometimes things go wrong or not according to plan. We have to learn how to stand through the storms and not let life knock us down. Resilient people are more capable of creating and maintaining nurturing, supportive, and effective environments, ultimately making the workplace and world a better place.

Jason will teach his audience:

- Core resilience skills, strategies, routines and ways to optimize their own wellbeing
- How to manage their own stressors making it possible to be better, more compassionate and empathetic leaders
- The tools and practices in obtaining the correct mindset when times get tough

Productivity Through Technology

Improve your productivity using the existing technology your firm has provided. This course takes place in a computer lab.

Participants implement the techniques during class, so they return to their office with new systems ready to support their workflow. Jason shares tips and tricks to utilize email, mobile devices, websites and corporate-wide supported computer applications. This hands-on workshop is customized to specifically train in the technology your organization is using: Outlook, Lotus Notes, Gmail, etc. These tips are designed to give you a minimum of 30 minutes of EXTRA productivity every day.

- Utilize systems to create a daily dashboard (such as Outlook Dashboard) to more effectively manage information, ideas, tasks and projects.
- Practice a "front-side" decision making process to maximize the functionality of Microsoft® Outlook® and BlackBerry®, iPhone®, spending less time reprocessing the same information throughout the day.
- Install habits to manage: the inbox, outstanding tasks, ongoing projects, reference material and delegated items.
- Create personalized tracking processes and systems to effectively manage work over a period of time.

PRAISE

"Jason Womack leaves his audiences feeling energized and equipped with new ideas and an action plan for creating positive change in the future. From moment one, I was drawn in with his ability to actively question the group and share stories that were relevant and therefore engaging. Far too many presenters stand up and regurgitate slide after slide of bullet points. Jason's time squeezes every second out of every minute, resulting in a highly charged learning session that puts him at the top of presenters today."

Joe Bruzzese

Founder & CEO
Sprigeo

"I was impressed by Jason's enthusiasm and inexhaustible energy. He is a sparkling blend of passion and determination in helping people perform at their best."

Laura Sfriso

Corporate Learning and Development Manager
Luxottica

"Jason is a most inspirational speaker and business consultant. He has the ability to usefully link work and life when engaging his clients and audience in helping them plan to achieve their goals and desires."

Michel Koopman

CxO, Entrepreneur, Business Advisor

"We have all been to one day seminars that get you excited for a moment and are soon forgotten. Jason is one of the few consultants that actually delivers real, practical content that can make an immediate and long term difference. He lives what he teaches and inspires through his own example. I would recommend him to anyone who is looking to improve their efficiency and productivity."

Chris Jones

Chairman
Mologic Ltd

"Jason Womack teaches you not to settle for your "best" but to keep the target moving forward. With his help, break through and do better than you ever thought possible, in every area of your personal and professional life."

Keith Ferrazzi

Best-selling author of Never Eat Alone and Who's Got Your Back

"Jason is impossibly optimistic, impossibly organized, impossibly active, and impossibly sincere...fortunately that's exactly what we all need, and if following his advice and example pulls us even a tiny bit closer to being and doing the impossible, we'll be personally and collectively better for it."

Evan Austin

Designer
EA Design

RECENT APPEARANCES

Live Appearances

Air University, Maxwell Air Force Base, Montgomery, AL

Barron's Magazine's Top Advisors Summit, Orlando, FL

Boston Children's Hospital

Children's Mercy Hospital

Entrepreneur Magazine's Growth Strategy Conference, Los Angeles, CA

Inc 500/5000 Conference, Phoenix, AZ

Institute for Management Studies: 21 cities and 5 countries

Leadership Retreat Sessions, throughout the US and Europe

Loan Tool Box Business Master Conferences, Las Vegas, NV

Naval Weapons Station Seal Beach, Seal Beach, CA

Project Management Institute: Los Angeles, Thousand Oaks, Santa Clarita, CA

Sales Kick Off events throughout the United States

South by Southwest, Austin, TX - release of "Your Best Just Got Better"

Samford University

TEDx SamfordU

University of California

Various Investment Banks, New York City

**Confidentiality agreements prevent us from disclosing specific references to our Fortune 100 clients.*

MEDIA



Maria Shriver: [FINALLY Create Momentum on a Project That is Stuck by Doing This](#), by Jason Womack (article)



Entrepreneur: [Entrepreneurs Don't Fear Failure – They Fear Regret](#) by Jason Womack (article)

Entrepreneur: 60 Second Solutions: [When to Call Versus When to Email](#) (video)



INC.com: [The Key to Stress-Free Productivity: Better Verbs](#), by Jessica Stillman (article)

INC.com: [How 15 Minutes Can Fix Your Time Management](#) (video)



[CBS - KCAL 9 Los Angeles](#)



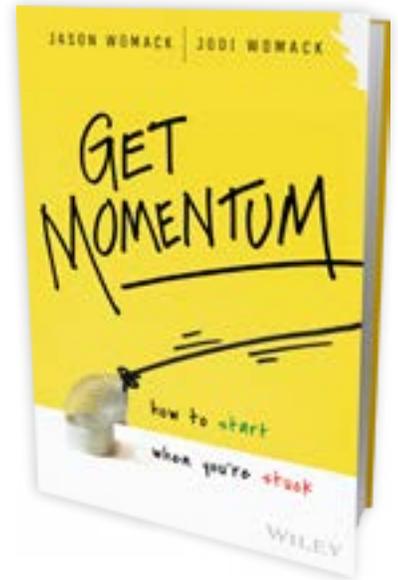
ABC - KSDK St. Louis: [Holidays and Work/Life Balance](#) (video)

PUBLICATIONS

Get Momentum: How to Start When You're Stuck (Wiley, 2016)

A powerful and personalized process to improve your life and advance your career!

Do you sometimes feel stuck, despite real efforts to gain momentum on goals you've set? *Get Momentum* coaches you in the mindset, skill set, and toolkit required to make progress on the items you have on your life and work goals faster and easier, while living a less stressful, more meaningful life. *Get Momentum* teaches you how to make proactive changes based on the solid foundation of your own "quality of life" criteria. Jason and Jodi Womack offer clear, step-by-step guidance on how to define your personal criteria so that you can Get Momentum, improve your life and enhance your career.



Readers will learn how to:

- Answer the Call (What to do when you say "Someone should do something about this!")
- Organize a Team and Gain the Perspective of People You Trust
- Measure Something (Just Not Everything At Once)
- Experiment Specifically and Practice Deliberately
- Build Momentum, Recognize Your Wins, and Pay It Forward

With kindness, accountability and encouragement, *Get Momentum* will help you tap into your natural way of being to achieve professional goals and personal experiences that are on your bucket list, living a life you're proud to share with others.

"Why is it that many of us don't realize until later in life that the journey is the reward? Even the best journeys take twists and turns. *Get Momentum* helps you focus on seeing the joy in your journey." - JOHN SCULLEY, Former CEO, Pepsi-Cola and Apple

"You know that project you've been meaning to start? Now's the time. Answer the 5 Momentum Questions that Jodi and Jason ask and you'll make more progress, faster than you ever thought possible." - ALI BROWN, Entrepreneur, Coach, & Angel Investor featured on ABC's Secret Millionaire show

PUBLICATIONS

Your Best Just Got Better: Work Smarter. Think Bigger. Make More. (Wiley, 2012)

In *Your Best Just Got Better*, productivity expert Jason Womack teaches readers that working longer hours doesn't make up for a flawed approach to productivity and performance. Workers need to clarify their habits, build mindset-based strategies, and be proactive. Womack's signature "workplace performance" techniques offer specific strategies to consistently and incrementally improve performance.

Readers will learn how to:

Understand the fundamentals of workflow and the principles of human performance

Arm themselves with the tools and the processes to get more of their work done, on time, with fewer resources, and with less stress

Making your best better won't happen overnight, but learning how to effectively manage just a few critical success factors lead to an effective workday and an overall successful professional career.

Jason Womack has emerged as a new and exciting voice in the world of professional development. "YOUR BEST JUST GOT BETTER" offers an action-oriented and powerful set of resources leaders can use to improve themselves and help others achieve their greater potential. - Daniel H. Pink Author of *Drive* and *To Sell Is Human*

This nuts-and-bolts guidebook provides a compass for not just identifying your priorities, but the activities that Jason teaches make it possible to make better decisions, cut procrastination in half, and double-down on your ability to be productive. I have shared Jason's ideas with a global community of leaders through an in-depth interview at Mixergy.com. - Andrew Warner CEO, Mixergy.com

Regular blogger in these locations:



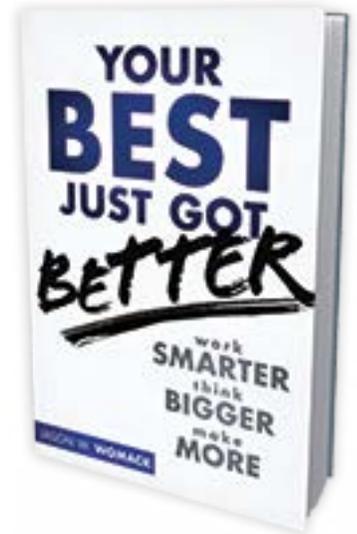
GetMomentum.com

Entrepreneur

Entrepreneur.com

MARIA SHRIVER
POWERED BY INSPIRATION

MariaShriver.com



BOOKING



Book Jason Womack

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Please specify in subject of your email the nature of the speaking engagement or event.

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JASON WOMACK'S SPEAKING REEL](#)**