

Dr. Sarah Reiff-Hekking

SPEAKER, COACH, TIME MATTERS EXPERT, PSYCHOLOGIST
FOUNDER & CEO, TRUE FOCUS COACHING, INC.

Unlock the secrets to unparalleled productivity and focus with Dr. Sarah Reiff-Hekking. Invite her to speak and witness audience members light up as they connect with the issues they are facing and realize their dreams are possible. As Sarah's clients can attest, it's not just about managing time - it's about creating sustainable changes.

As a trained clinical psychologist and certified coach, Dr. Sarah really understands people and their behavior. Her signature method sets her apart as she connects with audiences on a deep level, intensifying their focus and guiding them to breakthrough and redefine productivity and success.



Signature Topics

- ✓ **Supercharge Your Revenue:**
Stop spinning, do all the right stuff, and make good money now.
- ✓ **Nothing Changes Unless Something Changes.**
The 3 Awesome Rs for Sustaining Sanity & Success
- ✓ **I know what to do, I'm just not doing it:**
Get Unstuck and Easily Achieve ALL your goals.

In Her Action-Packed Sessions, You Will Learn:

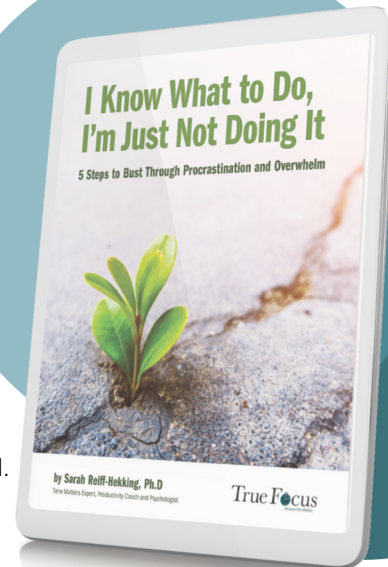
WHY past-due projects continue hogging space on To-Do lists.

HOW to prioritize to maximize time, energy, and money.

WHEN to create a plan of attack should your schedule be hijacked.

WHAT working smart really means and how to practice it.

WHERE your bottom line is being impacted by indecision and lack of focus.



Free ebook
available for
attendees



"Sarah taught me the tools to leave the office knowing everything is handled. I can relax while meeting my goals. I highly recommend Dr. Sarah!"

Tracey Ingle
INGLE LAW



"I can serve my clients, support my team, make money, and reward myself! I have increased my production and income 20% in the last year. I would not be where I am today without Sarah's direction."

Tammy Waugh
THE WAUGH GROUP REALTY,
BERKSHIRE HATHAWAY



"With the tools I have now, I've been able to grow from 1 employee to 6 in less than a year, all with less stress. My business would not be where it is today without Sarah."

David Jolicoeur
OWNER,
CONNECT HOME MANAGEMENT



Book Dr. Sarah Reiff-Hekking Today!

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