

Jason Womack

Founder, Speaker, Author at The Jason Womack Company

Ojai, CA, US

Productivity and Workplace Performance Expert

Biography

Hi, my name is Jason. I earned my Masters Degree in Education to learn how to teach. I went back to school to earn a Master's Degree in Psychology to learn how people learn. I apply these experiences in corporate learning environments to solve the challenges of work/life balance in an era of increased personal accountability. I share methods to maximize tools, systems and processes to achieve a higher quality of work/life balance. I have worked with leaders and executives for over 15 years. I am also very active in the health and wellness areas of my life. While traveling worldwide, I train and compete regularly as an age-group triathlete. Since 2000, I have completed three 1/2 Ironman distance races, and several half-marathons around the United States. I consistently place in the top 10% of my age group in both 5K and 10K races. In July, 2010 I earned first place in my age group at the Carpinteria Triathlon. My 2009 PR for the ½ marathon distance race is 1:30:37.

Availability

Keynote, Panelist, Workshop, Author Appearance

Industry Expertise

Program Development, Training and Development, Professional Training and Coaching

Areas of Expertise

Productivity, Workplace Performance, Time Management

Affiliations

Training Magazine author, American Society of Training and Development, National Speaker's Association, John Wiley & Sons author, USA Triathlon

Sample Talks

Your Best Just Got Better: Work Smarter, Think Bigger, Make More

Working longer hours doesn't make up for a flawed approach to productivity and performance. Set goals, take calculated action toward achievement Invest 15 minutes daily to make your best better Reflect on achievements, let them power you towards a next goal Build a strong, productive social network "With his help, break through and do better than you ever thought possible, in every area of your personal and professional life." ?Keith Ferrazzi, author of Never Eat Alone

Mastering Workplace Performance

The MWP Seminar is designed to engage, inform and equip participants with the tools, mindset and practices to improve their productivity by 20% or more every day. Managing email, attending meetings, planning projects?these are all the types of work our clients say they need to do more effectively and more efficiently. We?ll show you how to get more done, easier, using the tools, systems and teams they have to their fullest potential. Our custom presentations enhance personal effectiveness for ea

Event Appearances

Your Best Just Got Better

Entrepreneur Magazine's Growth Conference

Your Best Just Got Better

Love.Your.Life.

Optimizing Your Time and Focus: Your Best Just Got Better

Institute for Management Studies

Your Best Just Got Better

Institute for Management Studies

Your Best Just Got Better

Institute for Management Studies

Your Best Just Got Better

Institute for Management Studies

Education

University of California, Santa Barbara

M.Ed. Education

Singularity

Completion Certificate Executive Excellence

Accomplishments

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

"Top 100 Minds on Personal Development"

Leadership Excellence magazine named Jason Womack as one of the Top 100 minds on Personal Development.

Testimonials

Mike Vardy

?Jason is a great communicator, bar none. He is able to break down the practices of getting the important stuff done into manageable and achievable blocks, and keeps it light in the process. His last book, "The Promise Doctrine", further illustrates the accessibility of his work...and he loves to teach others how to excel at what they REALLY want to do. He was a great interview and I thoroughly enjoyed his book; plus he has kept in constant contact with me since our discussion months ago. If you're looking for someone to help you achieve without feeling like you've got the weight of the world on your shoulders in doing so, Jason is your man.?

Christopher Scott

?Jason is an incredible presenter. He knows how to present his content in a purposeful and creative way. He connects very well with his audiences and participants have always been appreciative of his content.?

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