

# **Mark Woods**

**CEO at Woods Group Inc.**

Scottsdale, AZ, US

Author and dynamic speaker that addresses today's productivity challenges

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## **Biography**

Mark Woods has 18 years of hands-on, practical experience in sales, marketing, training and project management. He has experienced success with start-up organizations in addition to established corporations. His background in organizational time management gives him the ability to be systematic when tackling new projects with clients. He has a proven ability to prioritize critical tasks and achieve deadlines. Mark co-authored a book with the late Trapper Woods, his mentor and his father, *Attack Your Day! Before It Attacks You*. Mark's ridiculously easy time management methods that help clients reduce stress in today's hectic world. This contemporary solution teaches how to be more productive so they can reach their personal and professional goals. His engaging style combined with practical solutions connect with audiences on an emotional level. Mark's presentations are punctuated with stories, real-life experiences, and anecdotes that ignite life-changing energy in those who experience his programs. What People Are Saying: I am already more productive! Thank you for the seminar yesterday and the advance copy of your new book, *Attack Your Day!* - Michelle A, NY I have used your Activity Game for two days and I am convinced that it will help me stay focused. I like the "box" format and the idea of space conceptually rather than a traditional linear time format. I enjoyed your training, it was very helpful. - Charndra G Your training was awesome! I really learned a lot and hope to learn lots more from your book. - Deb L, PA I really enjoyed the seminar and appreciate the opportunity for your help! I have owned/operated a women's health club & spa for 30 years. My biggest challenge seems to be my business planning. Now I have a plan! - Kathleen S, ME

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## **Availability**

Keynote, Workshop, Author Appearance, Corporate Training

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## **Industry Expertise**

Program Development, Professional Training and Coaching, Education/Learning, Training and Development, Staffing and Recruiting, Corporate Training

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## **Areas of Expertise**

Personal Productivity, Time Management & Goals, Work-Life Balance, Activity Management, Attitude

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## **Sample Talks**

### **Attack Your Day! Before It Attacks You**

Activities Rule, Not The Clock. To be a good time managers, you must be great at 5 activity management skills. Choosing: Choosing the activities we do (or don't do) determines our daily productivity. Arranging: Learn to think inside the time box to focus on the right activities and avoid procrastination. Flexiute: You are a realist! You know that your day won't go exactly as planned, so you flexicute and prepare for the expected unexpected. Tracking: At the completion of this workshop you'll have a system to track all activity to ensure that nothing falls through the cracks. Focusing: Focusing is the ability to say NO to interruptions and distractions.

### **Attack Your Day! Before It Attacks You**

Today, we have more events and activities to manage than every before because of technology, the Internet and expectations of doing more with less. What we need are fast, flexible and easy solutions to navigate time for greater productivity. In this workshop you'll learn a simple formula to make effective choices, deal with Interruptions, and conflicting priorities.

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## **Event Appearances**

**Project Management Institute**  
East Valley Chapter meeting

**Project Management Institute**  
North Valley Chapter Meeting

**Northwest Career Colleges Federation**  
43rd Annual Conference, NWCCF

**Mahoney Group Insurance**  
The Mahoney Group - Annual Meeting (Insurance)

**Cengage Publishing**  
Cengage Publishing - Regional Sales Meeting

**Pearson Publishing**  
Customer Appreciation Event

**Pearson Publishing**  
Customer Appreciation Event

**Arizona Private Schools Association**  
Arizona Private Schools Association - Training Expo

**Northcentral University**  
Northcentral University - Graduation Week

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## **Education**

**University of Utah**

Behavior Science and Health, Business

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## **Testimonials**

**Elizabeth Chappel, PMP**

?Attack Your Day! offers a fresh perspective. As President of a volunteer organization, I?ve found time can be better managed by focusing on the practices identified in this book. These same practices are essential for success as a project manager.?

**Gena Wikstrom**

?Attack Your Day! is an easy process that reaps huge benefits. Every student, every faculty member, and every administrator would see their productivity escalate and stress reduced just by practicing what?s outlined in this book. I did. It works.?

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