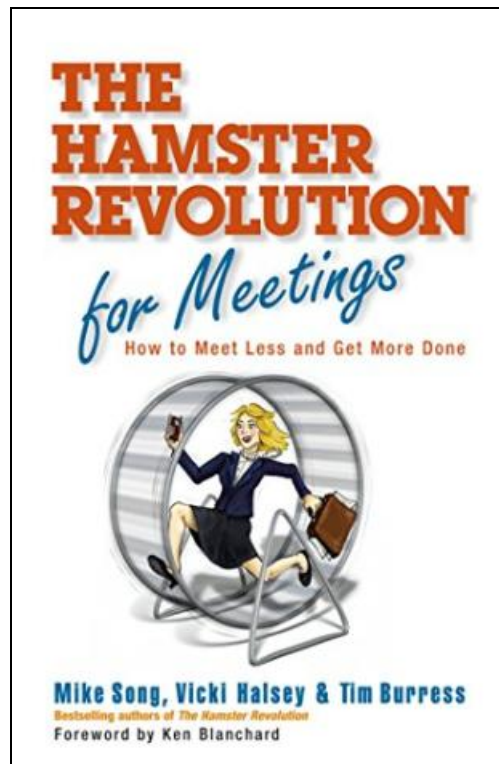


## The Hamster Revolution for Meetings: How to Meet Less and Get More Done: How to Meet Less and Get More Done (Hardback)



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### **Reviews**



*This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me).*

*(Taylor Medhurst)*

## THE HAMSTER REVOLUTION FOR MEETINGS: HOW TO MEET LESS AND GET MORE DONE: HOW TO MEET LESS AND GET MORE DONE (HARDBACK)

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BERRETT-KOEHLER, United States, 2009. Hardback. Condition: New. Language: English . Brand New Book. Are meetings taking over your life? You're not alone. Meet Iris, a sales director so overwhelmed by meetings that she feels like a hamster on a wheel in fact, she's turned into one. Just in time, she meets a coach a leading meeting efficiency expert with a simple system that helps her regain her sanity and humanity. The coach's secret is a laser-like focus on the five biggest meeting pain points: 1. Meeting overload: Professionals waste twenty-four days a year in useless meetings. 2. Missing success ingredients: ninety percent of all professionals attend meetings that lack a clearly stated objective and agenda. 3. Virtual-meeting chaos: Disinterested participants + endless technical glitches = huge amounts of wasted time. 4. Agenda adrift: Goals are missed when meetings veer off course. 5. Action distraction: Incomplete action items result in delayed projects and missed deadlines. The coach demonstrates that these five challenges are damaging Iris's career and costing the world over a trillion dollars each year. He provides practical new solutions that rapidly transform Iris from victim to victor. These solutions are tailored to the technology-driven world in which Iris lives she discovers how to use e-calendars, PDAs, and virtual meetings to make her life easier, not more complicated. She applies the solutions, gets immediate results, and reclaims her life. The Hamster Revolution for Meetings focuses on a small number of high-impact best practices that really work. Included is a landmark case study that shows how 3,000 Capital One associates reclaimed ten days per year while improving meeting effectiveness by over 35 percent.

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