

# Make the leap from good to great!

Learn how the best get better: simple tools that get results.



## TRACY WILLIAMS

High Performance Coach ♦ Speaker

Tracy works with professionals ranging from small business owners to SVPs who are striving to reach a higher level of performance and success across a variety of industries.

Before becoming a Certified High Performance Coach, Tracy earned an MBA from U.C. Berkeley, trained and coached Stanford MBA students on management communication topics, and worked in corporate marketing and brand management.

## Popular Speaking Topics

### ♦ **Get Better at Getting Better: Focus on these 5 Areas to Break Through to a Higher Level of Performance**

What does it take to get better results faster? Find out where people who are the best at what they do focus their efforts and learn simple things you can do to work smarter, be more productive, and improve your performance now.

### ♦ **Defeat Distraction and Find Focus: Get More Done in a Distracted World**

Distraction has become a way of life in our high tech, always on world. Yet the ability to focus is one of the keys to success and has even been called the new IQ. Learn the true cost of distraction, why it's so hard to focus, and how you can survive our modern world.

### ♦ **Make the Shift from Perfectionism to High Performance: The Secret to More Success, Satisfaction and Well Being**

Learn how this supposed virtue undermines achievement, how to recognize perfectionist behaviors, and how to overcome them.

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Contact Tracy at [tracy@twcoaching.com](mailto:tracy@twcoaching.com) or 925-997-9455.

# 7 reasons to invite Tracy to speak

- 1.** Tracy provides audiences with proven techniques and actionable takeaways they can implement right away to become more focused, productive and successful.
- 2.** The field of brain science continues to experience explosive growth. Tracy shares up-to-date insights that can help us work smarter and be more productive.
- 3.** Our lives are crazy-busy and the demands for our attention are greater than ever before. Tracy understands the toll this multitasking and distraction takes and offers solutions to survive our modern world.
- 4.** Tracy is reliable, flexible and committed to providing value to your audience and doing her part to make your event a success.
- 5.** Your audience can expect an energetic and engaging presentation. Tracy encourages interaction and provides a brief exercise for the audience to complete.
- 6.** As a mother of three, small business owner, runaway from Corporate America, and former Management Communication Coach for Stanford MBA students, Tracy knows first hand the challenges your audience faces.
- 7.** During her talks, Tracy shares a glimpse of her own journey from barely surviving to thriving so audience members will know that if they're struggling, they aren't alone, and there is a better way.