



Cathy Sexton

Trainer, Speaker, Consultant

“Cathy works with people who want to add more time to their day and boost their email effectiveness so they can do a better job of connecting with colleagues, prospects and customers. Cathy is focused on improving everyone’s productivity and performance!”

Laura Schacht, Women Presidents’ Organization

Hear what others are saying:

“Thank you so much for the GO workshop...I came in half an hour early today and got started on the 96 minutes of focused work. I am amazed to say this, but I honestly got as much done in those 96 minutes as I typically get done in an entire day.”
Thanks, Alice McDermott

“If you’re drowning in email, Cathy’s class is a lifesaver. Cathy provided tons of ideas I have never heard before. My favorite suggestion was the A-B-C format to focus emails to what actually needs to happen and eliminate rambling messages!”
Julie Hood, Finally Organized

“I couldn’t believe there could be something so simple that actually would work in organizing my office... and keep it that way!”
Pam Voss, Executive District Manager

“Cathy, Thanks so much for your program last night. The feedback I’ve been getting today is that it was one of the best classes we’ve done. You’re awesome. Thanks again.”
Pam Royal, Connections for Success

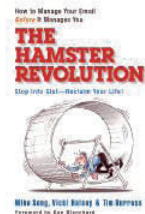
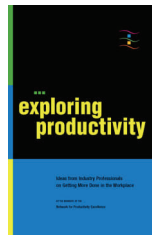
“Cathy makes organizing seem so simple! Her system is fun and thorough, and her training is interesting and informative.”
Suzanne Tipton Offner, Primeco Consulting

Most Requested Programs:

Featuring time-tested productivity principles:

- **The Info-Excellence™ - Email Seminar**
Manage your email before it manages you!
Based on the best seller *The Hamster Revolution*
- **The GO System™ Seminar**
Get and Stay Organized
- **Making the Exceptional Normal**
Learn how some managers make it look so easy, while other struggle
- **The Habit Change!™**
The Good, The Bad, and The Work Habit
- **Organize your mind and your desk for S.U.C.C.E.S.S.™**

Cathy is co-author of two books that include ideas for improving success in the work place: “Focus. Organization. Productivity.” and “Exploring Productivity in the Workplace.”



636-717-6588 Schedule Cathy Today!

cathy@onpointsolutionsllc.com,

www.onpointsolutionsllc.com

On Point Solutions, LLC • 780 Merus Ct • Fenton, MO

