

## Show Notes - #2 – Productivity

Welcome to the latest episode of the 'The Forty Plus Business Show' podcast with your host Hunter Leonard, sponsored by Silver & Wise.

In this episode we chat with Cholena Orr – Director at Pac Executive and productivity expert.



Cholena works with both organisations and executives to embed better practices that will contribute to improved personal and organisational productivity

Our discussion centres on the following topics:

- What is productivity?
- Efficiency and effectiveness
- Time Management and making better use of time

We also discuss the need for executives and business owners to look after themselves, and be mindful of taking time out and away from the rigours and tasks of work.

You can find out more about Cholena's work with organisations and executives here:

<http://profusiongroup.com/staff/cholena-orr/>

Or connect with Cholena on LinkedIn at

<https://www.linkedin.com/in/cholenaorr/>

For more information on your host Hunter Leonard or Silver & Wise, here are some key contact details

Hunter Leonard

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Silver & Wise

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