



CLARE KUMAR

productivity catalyst

Productivity & performance expert, Clare Kumar, delights in helping forward-thinking organizations achieve better results by **cultivating sustainable performance & compassionate leadership**, the two ingredients necessary for a **high-performance workplace**, through keynotes, workshops and coaching.

COMPELLING, CREDIBLE & CHARISMATIC

Clare will engage your team in informative, motivating conversations chock full of accessible, actionable strategies. Boost productivity, optimize performance and drive engagement through better integrating work and life.



AREAS OF EXPERTISE



PRODUCTIVITY & TIME MANAGEMENT

Better effectiveness, efficiency and enjoyment in managing time, tasks, energy and attention. Stay on top of things and avoid stress with Productivity CPR™



WORK-LIFE INTEGRATION

Encouraging self-reflection and creative thinking to ensure the successful integration of work and personal life. Think LifeTime Management™



ORGANIZATION

Get organized at work and at home with the four step P.L.A.N. to Get Organized™ Stop the distraction from mental clutter.

Accomplish more in less time.

RESULTS



Clare helps our staff accomplish more in less time, reduce stress through self-care and thrive, not just "make it through" our busy season.

Susan Hodkinson, COO
Crowe Soberman LLP

"My team raved about outcomes from the workshops on time organization. Clare is an awesome presenter."

Mario Thomas, Former SVP
Ontario Centres of Excellence



"Coaching with Clare was valuable and effective. Her strategic questions and insight got me thinking in the right direction."

Lori Radke, National VP
Brand and Development, MS Society

Powerful, proven strategies.



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A seasoned subject matter expert, Clare has shared strategies and insights in media outlets from Fast Company to The Globe and Mail and The Huffington Post, and in regular appearances on The Social and Marilyn Denis, CBC, Global News, CP24 & more.

Invite Clare to share her wisdom with your team.

FAST COMPANY

THE HUFFINGTON POST

MACLEAN'S

CBC

THE MARILYN DENIS SHOW

THE GLOBE AND MAIL

the social

TORONTO STAR



"energetic & engaging"

SPEAKING & WORKSHOPS

With a warm, engaging and entertaining style, Clare introduces concepts, crafts a common language and sparks mindset shifts, motivating leaders, employees and entrepreneurs alike. Hire Clare to drive engagement, cultivate focus and inspire action.

COACHING

Compassionate, wildly supportive and bold enough to ask challenging and meaningful questions, Clare stimulates self-awareness, enlightenment and concrete action. Coach with Clare to make profound life-changing shifts and achieve goals while successfully integrating work and life.



"I am 3X more effective"



"I feel like I'm a new person"

SPEAKING & COACHING COMBO

Elevate your team's knowledge of best practices in productivity, organization and work-life integration, then invite interested individuals to explore a challenge more deeply through coaching.