

TAMARA MYLES

Tamara Myles is an author, speaker and productivity expert.

Tamara Myles is a Certified Professional Organizer®, experienced corporate trainer, and internationally recognized author and speaker.

Her most recent book, *The Secret to Peak Productivity*, has been translated into multiple languages and is distributed globally. In it she provides a comprehensive framework by which corporations and individuals can achieve a higher level of productivity and balance in their lives.

As a consultant and productivity expert, she works with business leaders and their teams to evaluate their systems and workflow. By identifying inefficiencies and distractions, she exposes opportunities for collaboration and growth.

Tamara explores the basics of time management and activity-goal alignment, applying these principles to the challenges at hand – prioritizing tasks, streamlining processes, and meeting strategic benchmarks.

It is her belief that simplification leads to efficiency whether systemizing your calendar, sorting emails, or saying no to multitasking. She asserts, “Employees, executives and entrepreneurs who are organized and have clearly defined goals are more productive, more balanced, and less stressed.”

Tamara’s unassuming style is smart, accessible, and down-to-earth. Born in Brazil and fluent in Portuguese and English, she also speaks French and Spanish. Regardless of language, her message is clear, relatable and easy to understand. She offers practical tips for handling daily demands and paths to loftier aspirations, encouraging audiences to be selective and find balance.

An honors graduate in communications from Southern Illinois University, Tamara began her career in advertising by managing multimillion dollar projects for brands like CoverGirl, Adidas, Sony Electronics, Lands’End, and Spiegel. She parlayed her business acumen, proficiency in budgeting, and workflow expertise into a proprietary platform called the Peak Productivity Pyramid™ System.

Tamara has shared this system with clients and her professional community where she served on the Board of Directors for the New England Chapter of the National Association of Professional Organizers. Her clients include Anytime Fitness, Best Buy, and Unilever (Brazil). She lives in New England with her husband and three children

Tamara is available as an on-site consultant, keynote speaker, or educational presenter to groups who want to maximize fiscal and human potential, advance their careers or corporate agendas, and see tangible results. An investment in Tamara is an investment in the bottom line.

To reach Tamara Myles for more information or to schedule a speaking engagement:

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Learn more on tamaramyles.com

