

# Susan Gilbert

*so amazing...*

*so refreshing...*

*so encouraging!*

## America's Focus Expert

mentoring • motivating • focusing on what matters

As America's Focus Expert, Susan Gilbert helps leaders and entrepreneurs in all kinds of fields hone in on the brilliance central to success.

Susan can motivate you to attain your goals, achieve balance in life, and create great tomorrows!

### Are you focused... or fretful, or frazzled?

FOCUS is EVERYTHING!

It's the big difference between accomplishing your dreams and sitting around wishing they would come true. If you run around taking care of everything...or if you're too frightened or worried to move ahead into something new...then it is time to FOCUS.

### Why is focus EVERYTHING?

Just 20% of your work can lead to 80% of your results! It's not the "grunt work" and "paper pushing" that gets you ahead, it's vision and focus. If you can focus 100% of your attention on that important 20%, you can free yourself to achieve as never before!

*Susan can sharpen your focus!* As an inspirational speaker, teacher, and consultant, Susan wows businesses, corporations, organizations and even small groups with her uplifting, change-centered message. Here are some of the exciting services she can provide for you:

#### KEYNOTE ADDRESS:

### The Land of I Can

Based on Susan's *Writer's Digest*-award-winning book, *The Land of I Can* affirms and salutes the courage deep within us, and takes people past the mental barriers of doubt and fear to new achievement and new adventure.

Susan draws an audience in, stimulates their minds, and touches

their hearts with her own tale - the story of how she recovered from the successive deaths of her husband and mother to live a fulfilling new life as an entrepreneur, restaurant owner, management consultant, and publisher.

#### SUSAN ON CD:

### Secrets of Success

Four fun CDs to inspire entrepreneurs! Whether you're running a home-based business or a huge corporation, Susan's wisdom will give you the tools to help you focus, fulfill your potential, and balance your life.

#### SUSAN AS TRAINER, CONSULTANT AND COACH:

### Creating Focus and Awareness

Every day, Susan uses her wonderful "can-do" attitude to encourage people. She helps them get past fears and mental "stumbling blocks," and shows them how to break free of doubts. Whether you're managing hundreds or just trying to manage change in your life, Susan is at your side, sharing creative solutions and showing you how to devote your attention to what's really important while still "taking care of business."

### That's Susan Gilbert—America's Focus Expert.

If you feel like you're pressured, always running to catch up, or carrying too many burdens in life, it's time to meet Susan—and time to live the life you want to live.



**"Susan really turned things around for us. Our morale improved, we found new enthusiasm, and we were finally able to concentrate on what we really wanted and needed to do. She was so positive, she was like sunshine. She helped us focus on what mattered."**

— Glenn Kennedy  
Verotek Systems

**"I can't believe what a buzz the 'Susan Adrenaline' brought to our organization. Even more surprising, we can still see the results of her training one year later."**

— Kathleen Heib,  
Team Leader, Chevron Travel

Don't dream about a better life... *live it!*

Don't just think... *focus!*

### What is focus?

*Focus* is awareness, clarity of purpose, undivided attention.

*Focus* is the groundwork for action, and for creating results.

When we clear all the junk of life away and consciously focus our mind, we gain the power to achieve.

### What's a focus expert?

So many people ask **Susan Gilbert**: "What do you do?" In brief, Susan explains why people come to her, and why her work as a **focus expert** is so valuable:

"Sometimes we end up doing so many things, we can't focus on what we really want to do. We feel scatter-brained, but we're not—we're just coping, the best we can, with stress and change.

"Instead of living the life we want, we find ourselves living the life we have to live. We put the fun and meaningful parts of life on hold, and when we do that, we start to miss the joy of life.

"When we focus on what matters, we find the passion and energy to take back our lives—new creativity, new imagination, and new avenues to accomplish our goals."

**Susan Gilbert** has enjoyed success after success—as an entrepreneur and author, and in the corporate world. At AT&T, she brought the unfolding technology of microcomputers to both small and large businesses and created one of the first direct sales teams to interact with IT departments. She gained leadership skills and learned how to empower others to achieve. Subsequently, she became an entrepreneur, creating a bakery/café chain, a computer imaging business, and eventually a publishing company and a line of fine jewelry.

Susan has turned personal and professional challenges into triumphs. Today, she shares her insight in her acclaimed book, *The Land of I Can*, and in keynote talks and consulting sessions across the country.

As a writer and speaker, Susan has been featured in, or contributed to...

USA Today • Chicago Tribune • Entrepreneur •

Inc. • Sales and Marketing Magazine •

Small Business Advisor • Walking with the Wise (Ziglar) •

Chicken Soup for the Working Woman's Soul (Canfield/Hansen)

Susan has shared the platform with experts such as Mark Victor Hansen, John Childers, Robert Allen, Jack Canfield, Loral Langemeier, Alex Mandossian, John Gray, Dan Poynter, John Kremer, Brian Tracy and many more.

When leaders in life and business want to sharpen their focus, they turn to Susan Gilbert. You should, too! Call or e-mail Susan or visit [susangilbert.com](http://susangilbert.com) to get acquainted, and to find new focus!



### Meet Spencer!

Susan is never without her gentle Yorkshire Terrier, Spencer. He's a charmer, making friends and putting smiles on faces wherever he goes. Go to [www.my-small-dog.com](http://www.my-small-dog.com) to meet her adorable little friend!



### Take a trip to *The Land of I Can!*

Visit [www.thelandofican.com](http://www.thelandofican.com) and discover Susan's wonderful, inspirational book—already chosen to motivate leaders within the San Diego Unified School District. *The Land of I Can* helps readers leave lands of fear, apathy, and sorrow to discover new happiness, and new worlds of achievement!

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Gilbert**

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Dial 1-866-FocusExpert toll free  
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