



# Erika Lea ROTHENBERGER

PUBLISHED AUTHOR • TEDX PRESENTER  
PODCASTER - "GRIT, GRACE & GLITZ"  
WELLNESS ENTREPRENEUR

## Book Erika

Rothenberger is a seasoned corporate professional, global wellness leader, and published author on a mission to guide audiences toward the life they aspire to live.

**Time Blocking Mastery:** Explore how to allocate your time to achieve optimal productivity and focus strategically.

**Boosting Your Productivity Factor:** Discover the strategies to increase your daily output and accomplish tasks precisely and effectively.

**Efficiency Unleashed:** Receive practical tips for streamlining your workflow, eliminating time-wasting activities, and staying focused.


**Quality Time vs. Quantity Time:** Uncover the key to a fulfilling and balanced life by mastering the distinction between quality time and quantity time.


Let's Connect

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As Featured By:

The Art of  
Time Blocking

