



**BETSY RICHARD**  
**CONSULTING**

Define your core.  
Center your business.

# **“Top Performers are 2 things:**

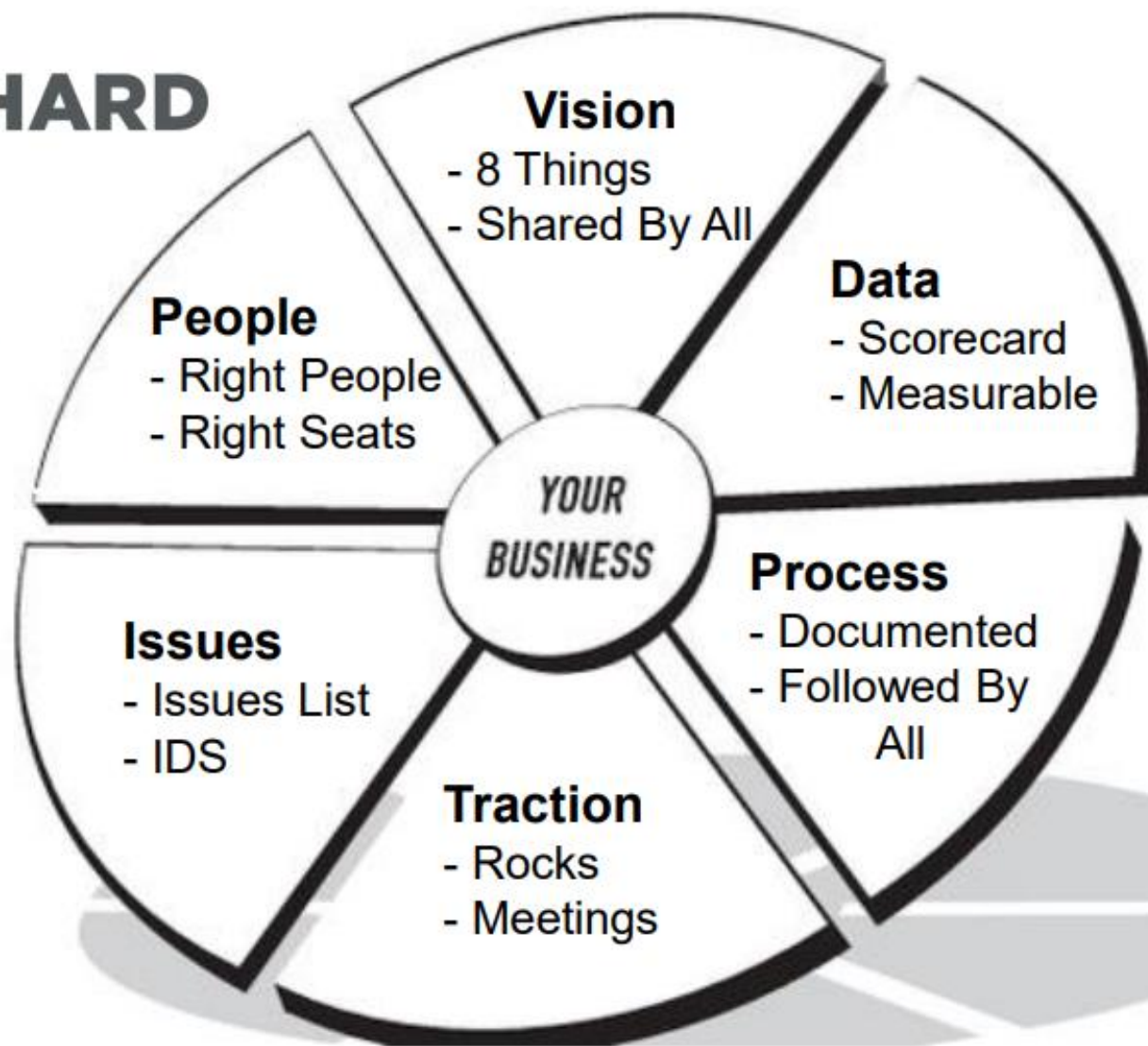
1. Hungry for Best Practices
2. Committed to Continual Learning”



# THE EOS MODEL™ by Gino Wickman

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**“Our lives change when  
our habits change”**

# The Four Thieves of Productivity

- 1. *Inability to Say “No”***
- 2. *Fear of Chaos***
- 3. *Poor Health Habits***
- 4. *Environment Doesn’t Support Your Goals***

**“The absence of accountability inevitably leads to spiraling out of control.”**

**“No one competes at a high level without coaching.”**