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“When people are freed from the antiquated notion that unfilled time is the enemy, they discover that taking a minute to think is a formidable source of professional power.”

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JULIET FUNT

Speaker and Author of *A Minute to Think*

Juliet Funt, the author of [A Minute to Think: Reclaim Creativity, Conquer Busyness, and Do Your Best Work](#) discusses the need for leaders and organizations to embrace white space on their calendars. Juliet and Joe also talk about the reasons why people feel the need to fill schedules with activity and how that can actually become a road block to success.

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About [Juliet](#)

Featured in top media outlets such as Forbes, CNBC, and Fast Company, Juliet Funt is a globally renowned keynote speaker, tough-love advisor to the Fortune 500, founder and CEO of the efficiency training firm, Juliet Funt Group.

Juliet is the author of [A Minute to Think](#), nominated for the Next Big Idea Club curated by Malcolm Gladwell, Dan Pink, Susan Cain and Adam Grant. She is an evangelist for freeing the potential of companies by unburdening their talent from busywork, and she has brought her powerful concepts to Spotify, National Geographic, Anthem, Vans, Abbott, Costco, Pepsi, Nike, Wells Fargo, Sephora, Sysco, and ESPN. (Bio Courtesy of julietfunt.com)

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