

ABOUT ANDY CORE'S INTERVIEW: ***"Creating and Sustaining Motivation"***

Time: 30 minutes, 11 seconds

Andy Core, author of *Change Your Day, Change Your Life*, talks about increasing productivity by finding ways to sustain motivation. He explains some of his favorite tools to achieve work-life integration and interesting examples of organizations that have been able to help their employees and their families.

In this interview, Andy covers reasons we become unmotivated and what to do about them, like managing your first thought of the morning. Andy explains his simple but effective way of making lists that matter and keep you motivated and feeling accomplished in the important areas of your life and setting yourself up the night before to amp up your momentum first thing each day.

ABOUT ANDY CORE

Expert on Work-Life Balance, Productivity & Wellbeing



Andy Core is a credentialed, award-winning thought leader on increasing employee engagement, productivity and wellness motivation. His talent lies in helping hard-working, conscientious adults thrive at work and in their personal lives. Core has spent the past 15 years researching ways to become better equipped to thrive in today's hectic society. By doing so, he helps organizations build teams that cost less, have better attitudes and accomplish more.

Andy has researched busy people for more than a decade...here is the most important comment he's heard: *"I know I need to do more at work, live healthier and be there for my family. What I don't know is how to make it all happen."*

Andy Core has a master's degree in human performance and has been chosen as one of the Top5 Global Speakers in Health and Healthcare. He is also currently #33 on the Top Productivity Experts to Follow on Twitter.

But what Andy really is, is a life-balance realist whose success rate at helping people go from wanting to live a more balanced life...to actually doing it...is 13 times the national average.

Website: AndyCore.com

Andy's Book:

