



ANDREW MELLEN

**BOOK ANDREW TO OPEN OR
CLOSE YOUR NEXT CONFERENCE**

Give me 1 hour once—I'll give you back 1 hour every day for the rest of your life.



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WHO IS ANDREW MELLEN?

The Most Organized Man in America

Andrew Mellen believes there is enough time for what's important—and to date has helped over 500,000 people live their values, too.

In less time than your last staff meeting, he'll change the way you think about your time, your work, and what's actually possible in a day—and those changes stick. Skeptics welcome.

He is the Wall Street Journal bestselling author of *Unstuff Your Life!* and *Calling BS on Busy®* and a productivity expert whose work spans three decades.

Dubbed "The Most Organized Man in America," Andrew helps individuals and organizations cut through overwhelm, sharpen focus, and fundamentally change how they work and what they achieve.

Before entering this work, he was an award-winning actor, director, and improv artist—which explains why his sessions feel nothing like a lecture and why every audience leaves inspired to take action.

"Andrew was an immediate 'must' for our festival—and he did not disappoint. Calling BS on Busy was relevant to every stratum of professional and personal walks of life. If you have a chance to bring Andrew Mellen to your community, do not pass it up!"

John Wilson, Director of Cultural Arts
Jewish Community Center of St. Louis

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WHAT YOU DELIVER

Calling BS on Busy®

Saying you're busy or overwhelmed is a virus in today's workplaces—and Andrew has the cure.

The total cost to U.S. businesses: \$1.8 trillion annually.

Andrew exposes the bottlenecks and traps killing productivity—ensuring every person in the room walks away ready to reclaim their time, focus, and best work.

- Stop interruptions from killing focus
- Meet less, accomplish more
- Say no confidently and without guilt
- Clear your inbox and end digital overwhelm
- End procrastination for good

Available as a keynote, breakout, or half-day workshop.

Unstuff Your Life!®

Clutter isn't an aesthetic problem—it's a mountain of wasted time and failed performance with a price tag approaching \$1 trillion annually in the U.S. alone.

When it topples, "sparking joy" or tidying up won't stop that avalanche.

Fortunately, Andrew knows the three precise rules to get any space or person organized for good: physically, digitally, and mentally.

- Master the Organizational Triangle®—the only system you'll ever need
- Reclaim the hour a day disorganization is silently stealing from you
- Make every document, file, and email findable in under 60 seconds
- Cut the cost of clutter—physical, digital, and mental—permanently
- Let go of what's weighing you down without guilt, shame, or regret

Available as a keynote, breakout, or half-day workshop.

Unstuff Your Communication™

Most people mistake volume for communication—more decibels, more words, more messages.

Workers lose 280 hours a year—seven full weeks—seeking clarification from poor communication alone.

Done right, communication is a superpower—and Andrew delivers the insights and tools so every attendee leaves wielding it with confidence.

- Get to the point faster without making enemies
- Handle sensitive information with tact and care
- Distinguish urgent from important—instantly
- Start and finish meetings on time, every time
- Manage interruptions without damaging relationships

Available as a keynote, breakout, or half-day workshop.

Project Management for Non-Project Managers

More than half of all projects fail—not because the work is hard, but because few people understand how projects actually work.

\$2 trillion is wasted globally every year due to poor project management.

Andrew has taught these fundamentals to the U.S. Departments of Navy, Education, Homeland Security, and the Social Security Administration—your team deserves the same edge.

- Validate scope and milestones before committing resources
- Spot and stop scope creep before it becomes a budget emergency
- Confidently manage competing priorities, deadlines, and stakeholders
- Run projects that finish—on time, on budget, without heroics
- Build planning tools that work in the real world, not just on paper

Available as a breakout, half-day workshop, or full-day intensive.



“After 30 days, lost time was reduced by nearly 25%... we reclaimed an average of 10 hours per person per week. Andrew’s training has been transformative—his techniques are practical, easy to implement, and, most importantly, sustainable.”

Angela Hodge, Vice-Chancellor, Business Services
Austin Community College District

“We had ‘The Most Organized Man in America’ train our open enrollment class—and Andrew was so good, we had him back for one of our signature events. All of his content is loaded with practical takeaways and he’s genuinely fun and funny.”

Orit Shani, Senior Recruiter
NYC Economic Development Corporation

“Andrew’s coaching transformed our sales team. In April we broke an all-time sales record. Then in May, we broke that record by \$70,000. Nothing has ever been as useful or productive. If you’re the decision-maker, book Andrew now.”

Casey Nelson, Principal
Integrity Insurance Agency



Unstuff Your Life!
WSJ Bestseller
#1 Audible Bestseller

“An extremely helpful and practical book, always pointing us to the bigger picture.”

Sharon Salzberg, NYT bestselling author



Calling BS on Busy
#1 Amazon Bestseller

“Andrew is the source I turn to when it comes to clarity and time management!”

Tamsen Fadal, Emmy Award-winning journalist and NYT bestselling author

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Your next event could change with one conversation—let’s have it.

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