

Keynote

The Productivity Paradox Rethinking Human Performance in the Digital Age

What Patrick Talks About

Patrick McAndrew empowers professionals to escape the "Productivity Paradox" - the illusion that being busy equals making progress. He provides practical tools for self-mastery, enabling individuals to reclaim focus, boost productivity, and achieve extraordinary results in a world of constant distractions.

Who is Patrick McAndrew?

Patrick is a global expert on productivity and performance. As the founder of HARA, an inner circle for exceptional entrepreneurs and leaders, Patrick equips individuals with tools to cut through the noise, focus on what matters, and play a more elevated game of life and business. His mission is to empower people to master themselves and seize the opportunities available to us at this time.

I'm not asking people to throw away their mobile phones and tablets. That's not realistic, and these devices enhance our lives. Instead, I show people how to specifically and strategically manage technology to reduce distractions, sharpen focus and ignite productivity. It's an absolute necessity in the modern digital age in which we now live.

Specific Industries where Patrick is a Good Fit & Why



Insurance

Patrick has transformed sales teams at insurance giants and worked with senior leadership to bring focus to strategic objectives. He teaches self-mastery to thrive in today's distraction-filled world.

Sample clients include *Equitable, Prudential,*Pacific Life, Lincoln Financial, NY Life

Patrick delivered the most thoughtprovoking and applicable content I have ever encountered.

- Lincoln Financial

自

Financial Services

Trusted by financial leaders, Patrick empowers professionals to pursue self-mastery and excel in the high-stakes world of finance. His insights help harness the power of focus to drive success.

Sample clients include *Morgan Stanley, AllianceBernstein, Hilltop Holdings, Cetera*

Our goal in planning for the clients we serve is to make an impact, and I can truly say Patrick helped make an impact on our lives, both here in business and at home.

Cetera Financial



Leadership

Patrick guides executives to create a culture of peak performance by minimizing distractions and fostering self-mastery. He equips leaders with tools to inspire innovation and drive productivity.

Sample clients include: Lincoln Financial,
PacificLife, Silvercrest Asset Management,
Wealth Enhancement Group

Patrick is a sage who can merge empathy, intelligence, effective communication skills, and sustainability into the next phase of leadership.

- Silvercrest Asset Management



Sales

Patrick has coached top-performing sales teams to embrace self-mastery. He teaches you how to balance client relationships with focused work, using communication strategies and productivity techniques that empower you to master yourself and your results.

Sample clients include: *Arcadia Settlements, Alliance Bernstein, Morgan Stanley*



Tech

With experience leading a SaaS company and spearheading Spotify's global audio marketing campaign, Patrick guides tech professionals to harness attention for creative problemsolving and peak performance.

Sample clients; **Spotify, Digital Irish**

Speaking Topics

The Productivity Paradox

Rethinking Human Performance in the Digital Age

The Age of Wisdom

Finding Your Authentic Value in a Data-Driven World

The Internal Game

In a World of Chaos, Be the Calm

Keywords

Leadership, Entrepreneurship, Productivity, Performance, Resilience

Category

Productivity & Performance

