

ROSEMARY DETROLIO RMT

Keynote speaker

✉ info@rosemaryd.com

☎ 908-798-3427



The Decision Fatigue Fix-Intuitive Decision Making

Midlife professional managers and team leaders are overloaded and struggle with a barrage of decision-making tasks. From the moment they clock in, they find themselves lost in an endless loop of overthinking and overanalyzing—ultimately wasting valuable time and energy. According to a 2024 study cited in Pubmed, indecision fatigue can lead to procrastination, burnout, and reduction in productivity. Unfortunately, this snowball effect leads to an avalanche of frustration that effects team effort and lessens overall productivity.

In this engaging presentation, Rosemary DeTrolio shows how the brain shuts down when stressed and how to sidestep this cycle so that managers can think clearly and be better decision makers. Despite what many think, the answer is not found in a pros and cons list, but in a three-step process that can bypass brain chatter. By implementing simple steps, managers find clarity in the moment to make confident, and profitable decisions even on chaotic days.

Key Take-aways

1. Discover the number one reason why a pros and cons list won't give you an accurate and most aligned decision.
2. Learn steps to eliminate decision fatigue, bypass brain chatter, and make quicker and more productive decisions.
3. Uncover 3 myths about decision making that hold healthcare leaders back from top performance.

Testimonials

"The people loved you!!! Thank you!!!!... 70 people showed up for your talk and all thought your presentation was great. They were so interested and I've heard nothing but good comments, which is a first at Fox Hills in Rockaway." Marianne Davoren, Fox Hills booking director

References

Kathleen Prystash-Friends of Alamuchy group k.prystash@gmail.com

Jenny Kopec 910-664-8926

Email: 2pugdesign@gmail.com or jennifer@mym-design.com

www.mym-design.com (website)

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