



GENERAL SERVICES ADMINISTRATION
FEDERAL SUPPLY AND SERVICE
AUTHORIZED FEDERAL SUPPLY
SCHEDULE PRICE LIST

Training Survey Services 874-3, Training Services 874-4, Training Materials 874-5

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through *GSA Advantage!*, a menu-driven database system. The INTERNET address *GSA Advantage!* is: GSAAdvantage.gov.

Mission Oriented Business Integrated Services (MOBIS)

FSC Class: R499, U006, U009

Cohesive Knowledge Solutions dba

GetControl.net is a **SMALL BUSINESS**

Contract# GS-02F-0145Y

For more information on ordering from Federal Supply Schedules

Click on the FSS Schedules button at fss.gsa.gov

Contract period is from 5/27/11 thru 5/26/16

Ordering and Administrative Contact:

Kristin Song | ks@getcontrol.net

GetControl.net | Federal Programs Team

25 Overlook Lane, Guilford, CT 06437 | 203-533-5107

GetControl.net's Information

INFORMATION FOR ORDERING ACTIVITIES:

Contract No: GS-02F- 0145Y

DUNS #: 161549329

1. Special Item Numbers (SIN) awarded:
 - **Sin 874-4** Training Services Page 5
 - i. Live Seminars Page 5
 - ii. Webinars Page 7
 - iii. E-Learning Modules Page 9
 - iv. Keynote Speeches Page 12
 - **Sin 874-5** Support Services Page 13
 - i. Training Materials Kits Page 13
 - ii. Books Page 13
 - **Sin 874-3** Survey Services Page 14
2. Maximum Order: \$1,000,000 USD
3. Minimum Order: \$10 USD
4. Geographic Coverage:
 - The United States including DC
5. Points of Production: Various
6. Prices herein are net
7. Quantity Discounts: 5% for orders over 20k
8. Prompt Payment Terms:
 - 1% - 10 days, net 30
9. Government purchase cards are accepted below and above the micro-purchase threshold.
10. Foreign Item: N/A
11. Delivery Time:
 - Within 14 days ARO. Overnight and 2nd day delivery is available
12. FOB Points: FOB Destination for all locations.
13. Ordering Address:

25 Overlook Lane
Guilford, CT 06437

14. Payment Address:

GetControl.net
25 Overlook Lane
Guilford, CT 06437

15. Warranty Provisions: All products and services are 100% guaranteed against any and all defects for one full year after the order date.
16. Cancellation/Deposit Policy: 30% cancellation fee for webinars and 50% cancellation fee for in person training within 11-20 business days of training date, and 100% cancellation fee for cancellation within 10 business days of training date. Deposits for training that is cancelled within 20 days of the scheduled training date are non-refundable.
17. Return Goods Policy, if applicable: A \$15 per kit and \$2/book restocking fee will be charged for returned materials. A \$15 per kit and \$2/book restocking fee will be charged for returned materials.
18. Export Packaging: Handled per request
19. Terms and conditions of Gov't Credit Cards: Accept any amount above and below the micro-purchase threshold.
20. Central Contractor Registration (CCR): GetControl.net is registered in the Central Contractor Registration database.

Introduction to GetControl.net

GetControl.net helps teams and organizations exceed goals by working smart. We have revolutionized the time management space by shifting the focus from **to do lists** to the **actual activities that consume the most time** for most professionals. Within those high opportunity areas we've discovered the critical pain points – such as inbox overload, ineffective meetings, inadequate use of technology and lost information – that hurt performance most. When people get control of these productivity pain points – they experience an almost indescribable surge in performance.

- Our classes are fun, short and extremely effective.
- We focus on practical productivity strategies and powerful tech tips.
- We have conducted 40,000 surveys to target our insights and fine tune our content.
- We have written a best-selling book called **The Hamster Revolution** which is now available in 12 languages around the world.
- We currently work with 20% of the Fortune 500 as well as the Army, Air Force, Navy, Coast Guard, FBI, DOD and USPTO.
- We have provided media interviews to Good Morning America, CNN, CNBC, USA Today, The Wall Street Journal and 300 other media organizations.
- Contact us with questions at info@getcontrol.net or call 888-340-3598.

SIN Categories

Training Services (SIN 874-4) Page 5

Our training curriculum can help your people get more done. SIN 874-4 is for the trainer's facilitator fee. Our master facilitators will provide a fun, dynamic and engaging environment to help your people maximize results.

Training Materials and Kits (SIN 874-5) Page 13

Each live seminar and webinar participant receives a workbook and in many cases a copy of one of our best-selling books, a job aid and more.

Surveys – Support Services (SIN 874-3) Page 14

Measuring ROI is critical to us. Our measurement and impact assessment tools can be found [here](#).

TRAINING SERVICES, 874-4: Live Seminars, Webinars and E-Learning

Get Control! classes are highly interactive, extremely results-driven workshops lead by a master facilitator. Each 1.5 hour live class and 1 hour webinar focuses on a small number of high-impact best practices.

Important: The facilitator fee is a per day fee – If you have the facilitator teach another *Get Control!*® class on the same day – the fee is **not** doubled. A *Get Control!* facilitator can present the same course to different groups in a single day. Others have the facilitator present two different courses back to back to form a convenient half day of training that can be repeated in the AM and PM. In either situation – you only pay one facilitator fee.

The facilitator fee is listed in SIN 874-4 and the per person participation/materials kit fee is listed in SIN 874-5.

Get Control! Live Classes

SIN 874-4 *Get Control! of Email* 1.5 Hour Class

This revolutionary, 90 minute, time management class will help you defeat email overload, de-clutter your jammed inbox and write brilliant email.

- Organize and prioritize your Outlook inbox, tasks and life
- Learn how to write brilliant, effective email that gets fast results
- Discover useful Outlook and smart phone tech tips that will save you 15 days a year
- Reduce email overload via powerful technology and behavior change strategies

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 *Get Control! Get Organized* 1.5 Hour Class

This class will help you clean up and organize all of your messy folders, files, email and documents. You'll find everything you need in a flash and never lose a document again! When you have the right info at the right time your productivity and career will soar! Course includes:

- New e-folder strategies that makes info easy to file and find your email and documents
- Useful search techniques to help you find info in a flash
- Installation of a simple organizational system that saves you time every day
- Powerful Windows 7 and XP tips that save you time and help you get more done

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 *Get Control! of Time Management* 1.5 Hour Class

Get Control!® of Time Management represents the greatest hits from all of the *Get Control!*® classes. Become a productivity rock star as you discover key insights from our Email, Get Organized, Meetings, Outlook and SmartPhone courses.

- Incredible time-saving, time management insights
- Write brilliant email and run effective meetings
- Outlook tricks, setting changes and rules that save 15 days a year
- SmartPhone tips that reduce interruptions and improve productivity
- Amazing explorer and e-calendar tips

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 *Get Control!* of Meetings 1.5 Hour Class

This class will send your meeting results through the roof! Time management starts with effective meeting management. When your e-calendar reflects your priorities you achieve great things! Class includes:

- How to reduce time wasted in low priority meetings
- Tools for running on-time, on-track meetings
- Ways to infuse your meetings with purpose and focus
- New techniques for engaging, glitch-free live and virtual meetings
- Boost meeting outcomes by leveraging powerful tech tips (e-Calendar, Outlook®, Webex®, etc.)

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 *Get Control!* of iPhone and iPad 1.5 Hour Class

Imagine a fun, learn-by-doing class where 90% of the participants say “Wow! I didn’t know that!” over and over again. Dive into your iPhone or iPad and discover a whole new world of productivity tips and tricks. Participants discover:

- Faster ways to navigate and multitask
- Exciting new iPhone and iPad shortcuts
- Effective writing tips and tricks
- Powerful setting changes that super-charge your productivity
- Real time demonstration of tips in a highly interactive environment
- Strategies for smartphone etiquette, work-life balance, and improved job safety

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 *Get Control!* of BlackBerry 1.5 Hour Class

Imagine a fun, learn-by-doing class where 90% of the participants say “Wow! I didn’t know that!” over and over again. Dive into your BlackBerry and discover a whole new world of productivity tips and tricks. Participants discover:

- Faster ways to navigate and multitask
- Exciting new shortcuts
- Effective writing tips and tricks
- Powerful setting changes that super-charge your productivity
- Real time demonstration of tips in a highly interactive environment
- Strategies for smartphone etiquette, work-life balance and improved job safety

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4***Get Control! of Outlook*****1.5 Hour Class**

Sign up and take a deep dive into Outlook efficiency! This course is packed with:

- Powerful Outlook Email, Calendar and Task tips
- Easy-to-use rules that filter interruptions and distractions
- Simple setting changes that speed workflow
- Amazing shortcuts that save you time every hour of every work day
- Incredible templates that allow you to type words and even entire messages in 3 keystrokes

Note: Classes available for all versions of Outlook. Outlook 2010 users get a powerful overview of all new features.

Facilitator Fee	\$2,250
Min/Max Participants	15-40
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

Get Control! Webinars**SIN 874-4*****Get Control! of Email*****1 Hour* Webinar**

This revolutionary, 60 minute, time management webinar will help you defeat email overload, de-clutter your jammed inbox and write brilliant email.

- Organize and prioritize your Outlook inbox, tasks and life
- Learn how to write brilliant, effective email that gets fast results
- Discover useful Outlook and smart phone tech tips that will save you 15 days a year
- Reduce email overload via powerful technology and behavior change strategies

***Free Bonus Post Session:** Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4***Get Control! Get Organized*****1 Hour* Webinar**

This 90 minute class will help you clean up and organize all of your messy folders, files, email and documents. You'll find everything you need in a flash and never lose a document again! When you have the right info at the right time your productivity and career will soar! Course includes:

- New e-folder strategies that makes info easy to file and find your email and documents
- Useful search techniques to help you find info in a flash
- Installation of a simple organizational system that saves you time every day
- Powerful Windows 7 and XP tips that save you time and help you get more done

***Free Bonus Post Session:** Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4***Get Control!* of Time Management****1 Hour* Webinar**

Sign up and get more done! *Get Control!*® of Time Management represents the greatest hits from all of the *Get Control!*® classes. Become a productivity rock star as you discover key insights from our Email, Get Organized, Meetings, Outlook and SmartPhone courses.

This fast moving 60 minute class focuses on a small number of extremely high impact time management best practices designed to boost your productivity through the roof. Warning! There is no fluffy, protracted 2 hour discussion of to do lists – just one amazing time management and tech tip after another. At the outset, participants discuss the friction points that impede their personal and team productivity. The facilitator then adjusts course content to address their specific needs.

- Incredible, time-saving insights
- Write brilliant email and run effective meetings
- Outlook tricks, setting changes and rules that save 15 days a year
- SmartPhone tips that reduce interruptions and improve productivity
- Amazing e-calendar tips

***Free Bonus Post Session:** Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4***Get Control!* of Meetings****1 Hour* Webinar**

This 90 minute class will send your meeting results through the roof! Time management starts with effective meeting management. When your e-calendar reflects the tasks and meetings required to achieve great things – you accomplish more every day. Class includes:

- How to reduce time wasted in low priority meetings
- Tools for running on-time, on-track meetings
- Ways to infuse your meetings with purpose and focus
- New techniques for engaging, glitch-free live and virtual meetings
- Boost meeting outcomes by leveraging powerful tech tips (e-Calendar, Outlook®, Webex®, etc.)

Free Bonus Post Session: Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4***Get Control!* of iPhone and iPad****1 Hour* Webinar**

Imagine a fun, learn-by-doing class where 90% of the participants say “Wow! I didn’t know that!” over and over again. Dive into your iPhone or iPad and discover a whole new world of productivity tips and tricks. Participants discover:

- Faster ways to navigate and multitask
- Exciting new iPhone and iPad shortcuts
- Effective writing tips and tricks
- Powerful setting changes that super-charge your productivity
- Real time demonstration of tips in a highly interactive environment
- Strategies for smartphone etiquette, work-life balance, and improved job safety

***Free Bonus Post Session:** Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 **Get Control! of BlackBerry** **1 Hour* Webinar**

Imagine a fun, learn-by-doing class where 90% of the participants say “Wow! I didn’t know that!” over and over again. Dive into your BlackBerry and discover a whole new world of productivity tips and tricks. Participants discover:

- Faster ways to navigate and multitask
- Exciting new shortcuts
- Effective writing tips and tricks
- Powerful setting changes that super-charge your productivity
- Real time demonstration of tips in a highly interactive environment
- Strategies for smartphone etiquette, work-life balance and improved job safety

Free Bonus Post Session: Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

SIN 874-4 **Get Control! Outlook** **1 Hour* Webinar**

Sign up and take a deep dive into Outlook efficiency! This 90 minute course is packed with:

- Powerful Outlook Email, Calendar and Task Tips
- Easy-to-use rules that filter interruptions and distractions
- Simple setting changes that speed workflow
- Amazing shortcuts that save you time every hour of every work day
- Incredible templates that allow you to type words and even entire messages in 3 keystrokes

Free Bonus Post Session: Facilitator will stay for an extra, optional 30 minute post session to offer one on one coaching.

Facilitator Fee	\$1,360.20
Min/Max Participants	15-950
Price per Materials Kit/Participant (See Discounts on Page 13)	\$89.77

Get Control! E-Learning Modules

SIN 874-4 **Get Control! of Email** **.5 Hour E-Learning Class**

This revolutionary, 30 minute, time management class will help you defeat email overload, de-clutter your jammed inbox and write brilliant email.

- Organize and prioritize your Outlook inbox, tasks and life
- Learn how to write brilliant, effective email that gets fast results
- Discover useful Outlook and smart phone tech tips that will save you 15 days a year
- Reduce email overload via powerful technology and behavior change strategies.

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control! Get Organized* .5 Hour E-Learning Class

This 30 minute class will help you clean up and organize all of your messy folders, files, email and documents. You'll never lose a document again! Keeping track of information can be the difference between success and failure! Course includes:

- New e-folder strategies that makes info easy to file and find your email and documents
- Useful search techniques to help you find info in a flash
- Installation of a simple organizational system that saves you time every day
- Powerful Windows 7 and XP tips that save you time and help you get more done

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control! of Time Management* .5 Hour E-Learning Class

This useful 30 minute module will help you exceed your goals. *Get Control!*® of Time Management Elearning Module will help you take your personal productivity to the next level:

- Prioritize your day, week, and year with the 80-20 rule
- Create powerful, easily-accessed lists focused on what matters most
- Learn helpful shortcuts and techniques for sorting through the noise and maximizing your output
- Exceed your goals by focusing on important vs. urgent tasks
- Avoid 4 problematic time management myths

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control! of Meetings* .5 Hour E-Learning Class

This 30 minute EModule will send your meeting results through the roof! Time management starts with effective meeting management. When your e-calendar reflects the tasks and meetings required to achieve great things – you accomplish more every day. Class includes:

- How to reduce time wasted in low priority meetings
- Tools for running on-time, on-track meetings
- Ways to infuse your meetings with purpose and focus
- New techniques for engaging, glitch-free live and virtual meetings
- Boost meeting outcomes by leveraging powerful tech tips (e-Calendar, Outlook®, Webex®, etc.)

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control! of iPhone and iPad* .5 Hour E-Learning Class

Imagine a fun, learn-by-doing class where 90% of the participants say “Wow! I didn’t know that!” over and over again. Dive into your iPhone or iPad and discover a whole new world of productivity tips and tricks. Participants discover:

- Faster ways to navigate and multitask
- Exciting new iPhone and iPad shortcuts
- Effective writing tips and tricks
- Powerful setting changes that super-charge your productivity
- Real time demonstration of tips in a highly interactive environment
- Strategies for smartphone etiquette, work-life balance, and improved job safety

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control!* of BlackBerry .5 Hour E-Learning Class

Imagine a fun, learn-by-doing class where 90% of the participants say “Wow! I didn’t know that!” over and over again. Dive into your BlackBerry and discover a whole new world of productivity tips and tricks. Participants discover:

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- Effective writing tips and tricks
- Powerful setting changes that super-charge your productivity
- Real time demonstration of tips in a highly interactive environment
- Strategies for smartphone etiquette, work-life balance and improved job safety

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control!* of Outlook .5 Hour E-Learning Class

Sign up and take a deep dive into Outlook efficiency! This 30 minute course is packed with:

- Powerful Outlook Email, Calendar and Task Tips
- Easy-to-use rules that filter interruptions and distractions
- Simple setting changes that speed workflow
- Amazing shortcuts that save you time every hour of every work day
- Incredible templates that allow you to type words and even entire messages in 3 keystrokes

Available for Outlook 2003, 2007 and 2010 users.

E-Learning Module for Individual Use (Unlimited Number of People May Sign Up)	\$90.23
E-Learning Module for Group Use (Up to 500 People)	\$13,602.02
Duration of Access	1 year

SIN 874-4 *Get Control!* E-Learning Discount Pack .5 Hour E-Learning Class

Get Control!® Bonus Pack Includes all 7 *Get Control!* Modules for 1 low price!

Objective: Improve Time Management, Save 15 days a year, reduce email overload, write brilliant email, reduce time wasted in meetings, improve Outlook/BlackBerry/iPad/iPhone Skills and boost personal productivity.

A very special offer for individuals who want to dramatically improve productivity, focus, and performance. All modules are offered at one low price: *Get Control!* of Email, Time Management, Meetings, Outlook, BlackBerry, iPhone & iPad, and *Get Control!* Get Organized.

Bonus Pack Pricing for GSA	\$271.13
Min/Max Participants	1-unlimited

Get Control! Train the Trainer Program

SIN 874-4

Virtual and Live Train the Trainer Program

2 Day Class

We can train you to become a *Get Control!* trainer!

- * Any 1-2 Get Control Courses
- * 8-16 hours (2-Day) *Get Control!* Master Led Certification
- * Video Tape Review of Actual Training Required for Certification
- * Includes Virtual Training Manual and access to Trainers Website
- * Participants: Minimum is 1, Maximum is 3
- * Trainers Have Access to the *Get Control!* SharePoint Site Which Contains Videos, Current Presentations, Training Tips, and Training Forms and Guidelines
- * Fee is per person

Fee for Each Trainer

\$2,720.40

Min/Max Participants

1-3

Mike Song Keynote Speech

SIN 874-4

Mike Song Get Control! Get More Done Keynote

1 Hour*

Mike Song has provided powerful, motivational keynotes for 20% of the Fortune 500 as well as the Army, Navy, Coast Guard, Marines, Air Force, DOD, FBI and Patent Office. Mike is the co-author of the best-selling effective email book – The Hamster Revolution – which has sold over 150,000 copies in 12 languages. He is one of the world's leading technology and time management experts.

His soaring keynote speeches and group training events motivate participants to get organized, prioritized and energized to excel. Mike has spoken to audiences in the US, Canada, Europe, Asia, Australia, Africa, and South America and he has been interviewed by over 300 media outlets including Good Morning America, CNN, CNBC, NPR, and The Wall Street Journal.

Topics Include:

- *Get Control!* and Get More Done
- How to Be a Productivity Rock Star (Mike can perform a song on guitar if needed)
- The New Time Management: Radical News Ways to Excel at Work
- The Tech Exec: How to Lead Via Technology
- Tech Tips and Tricks That Will Blow Your Mind
- Wow! I Didn't Know That! (Game Show Keynote – Top 20 Tech Tips)
- *Get Control!*® of Time Management
- *Get Control!*® of Email
- *Get Control!*® of Meetings
- *Get Control!*® of Outlook®
- *Get Control!*® Get Organized
- *Get Control!*® of iPhone/iPad®
- *Get Control!*® of BlackBerry®
- The Hamster Revolution: Jump Off the Email and Meetings Wheel and Excel!
- The Tech-Savvy Salesperson: How to Sell Via Technology

*** 3 Free Bonus Options**

1. 1 Breakout Session for up to 60 minutes for up to 50 participants. The session can be for Outlook, BlackBerry, iPhone, iPad, Time Management, Getting Organized, Effective Meetings or Effective Email.
2. 25 Free copies of The Hamster Revolution Book
3. Free one on one coaching for 1 executive – up to 60 minutes.

Trainer/Keynote Speaker Fee

\$6,801.01

Keynote Duration

1-8 Hours

Min/Max Participants

1/2500

Get Control! Live Seminar and Webinar Materials Kit and Survey Fees

SIN 874-5 is for Materials Kits for Get Control!® Training and SIN 874-3 is for our Survey Fee

Each participant in our workshops will receive a materials kit. For webinars the materials may be downloaded from a secure website and printed at the participant location.

SIN #	DESCRIPTION	UNIT	PRICE
SIN 874-5	<p>Single Kit: Any Get Control! live seminar or webinar participant kit for any one class. For example: Get Control!® of Email live training course. Include participant fee plus:</p> <ul style="list-style-type: none"> >>> Workbook >>> Hamster Revolution Book >>> Name Card >>> Desktop Job Aid 	Collated Materials Kit and Participant Fee	\$89.77
SIN 874-5	<p>Double Kit: Many clients purchase two different classes to be provided together which creates a 2-3 hour program. In this case we create a double kit. This applies to any Get Control! live seminar or webinar participant kit for any two classes ordered. For example: <i>Get Control!®</i> of Email combined with <i>Get Control!®</i> Get Organized class. Includes participant fee plus:</p> <ul style="list-style-type: none"> >>> Workbook >>> Hamster Revolution Book >>> Name Card >>> Desktop Job Aid 	Collated Materials Kit and Participant Fee	\$113.35
SIN 874-5	<p>Triple + Kit: Many clients purchase 3 or 4 different classes to be provided together which creates a 6-8 hour program that can consumes a full day. In this case we create a triple or quadruple kit. This applies to any Get Control! live seminar or webinar participant kit for any two classes ordered. For example: <i>Get Control!®</i> of Email combined with <i>Get Control!®</i> Get Organized and <i>Get Control!®</i> of Meetings classes. Includes participant fee plus:</p> <ul style="list-style-type: none"> >>> Workbook >>> Hamster Revolution Book >>> Name Card >>> Desktop Job Aid 	Collated Materials Kit and Participant Fee	\$180.45
SIN 874-5	<p>Hamster Revolution Books: Best-Sellers in 12 Languages!</p> <ul style="list-style-type: none"> >>> The Hamster Revolution: Manage Your Email Before It Manages You! >>> The Hamster Revolution for Meetings 	Book	\$9.07
SIN 874-5	<p>Get Control! will send leader monthly 90 second reminder videos that reinforce workshop insights in order to maintain productivity gains. Participants can sign up for the Get Control! monthly tech tips newsletter. This program is for 1 year.</p>	Per Group of 500 or Less for 1 year	\$2267

SIN 874-3	An Easy Way to Measure ROI: We provide a service that will allow you to measure the value or Return on Investment (ROI) for any <i>Get Control!</i> training session. We conduct a survey 2 weeks prior to the training and 2 weeks after the training and provide an analysis showing time saved, productivity gained, and improvement in the quality of email or meetings.		\$680.10
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