



ON DEMAND

Session 202: Opening General Session—Nick Sonnenberg: Come Up for Air

Thursday, March 23, 2023

08:00 a.m. - 08:45 a.m.

We're kicking off PMXPO, the largest virtual gathering of project management professionals, with an insightful conversation between author Nick Sonnenberg and Kara Austin.

Join us as Nick Sonnenberg, a leading business efficiency expert, discusses his new book, *Come Up for Air*. Nick will share his proven system for leaders, managers, and teams to maximize their performance and reduce overwhelm by using the right tools in the right way, at the right time.

At the conclusion of this session, participants will be able to:

Understand how optimizing technology can improve team dynamics; and

Understand the CPR Framework and how to apply it.

PDU: Ways of Working (CAPM/PMP/PgMP): 0.75; Ways of Working (PfMP): 0.75

SPEAKERS:



Nick Sonnenberg

Founder and CEO/Leverage

Nick Sonnenberg is an entrepreneur, WSJ bestselling author, Inc. columnist, guest lecturer at Columbia University, and the author of *Come Up for Air: How Teams Can Leverage Systems and Tools to Stop Drowning in Work*. He is the founder and CEO of Leverage, a leading operational efficiency consultancy that helps companies implement his CPR® Business Efficiency Framework. This is the culmination of Nick's unique perspective on the value of time, efficiency, and automation which stems in part from the eight years he spent working as a high-frequency trader on Wall Street. The CPR Framework consistently results in greater output, less stress, happier employees, and the potential to gain an extra full day per week in productivity per person—just by using the right tools in the right way, at the right time. Nick and his team have worked with organizations of all sizes and across all industries, from high-growth startups to the Fortune 10.



Kara Austin

Director, EPMO/PMI

Kara Austin lives in Middletown, Delaware, and is the director of the EPMO at the Project Management Institute. She has experience in leading mergers and transformations and is passionate about agile ways of working. She enjoys sailing in her free time in warmer weather. She has earned the following PMI certifications: DASM, PMI-PBA® and PMP®. Other certifications she has earned are: ITIL Foundation, SAFe Agilist, Certified Scrum@Scale Practitioner, CSPO, and CSM.



Pierre Le Manh

President & Chief Executive Officer (CEO), PMI

Pierre Le Manh is the President & Chief Executive Officer of the Project Management Institute. As a global executive with a multi-cultural background, Pierre Le Manh brings a proven track record of delivering results and guiding organizations through complex transformations. He is passionate about leading teams in innovating and creating new ways to disseminate specialized knowledge, upskilling and education.

Pierre Le Manh most recently led Galileo Global Education's expansion project in North America. Galileo is the European leading provider of higher education serving more than 170,000 students across an international network of 54 institutions and high-growth education technology platforms.

He previously served as Chief Executive Officer North America and Global Deputy CEO at Ipsos, one of the world's largest data, analytics, and insights companies. Pierre Le Manh played a crucial role in taking Ipsos from a \$700 million primarily European-focused organization in 2004 to a \$2.5 billion global leader in its industry in 2021, growing to more than 18,000 employees operating in 90 countries.