



MindTools.com Helps Employees and Business Owners Find 100 Extra Minutes in Their Work Week

MindTools.com celebrates the publication of its 100th newsletter by focusing upon time management and issuing a 100 Minute Challenge to readers and site visitors.

New York, NY, May 14, 2008 --(PR.com)-- Time Management is one of the hottest business topics today and one of the most popular subjects at MindTools.com, the most visited career skills site on the Internet. That's why Mind Tools is celebrating the publication of its 100th newsletter this week by issuing a timely challenge.

“Our challenge to everyone out there is to find 100 extra minutes in their work week for May 19-23,” said CEO James Manktelow, who founded Mind Tools in 1995. “Time Management is the key to a successful and balanced work life. Finding 100 extra minutes a week - that's just 20 minutes extra a day - can make a huge difference to your sense of being in control.”

Mind Tools provides several tools and techniques to help people meet the challenge, both at its web-site and in its members' area, the Career Excellence Club. “Members who enter the 100 Minute Challenge will share tips, and get support and encouragement from our team and other participants,” said Rachel Thompson, who joined Mind Tools executive team in 2003 and co-created the popular Career Excellence Club with Manktelow. “We'll be sharing the results of the challenge and participants' tips for time-saving success in our 101st newsletter!”

Visitors to the Mind Tools site who join the Career Excellence Club this week, as well as current Club members, will gain access to the latest edition of “Make Time For Success!”, Mind Tools premier time management and personal productivity program. Thompson continued, “Mark the dates May 19-23 on your calendar, and work smarter. Then let Mind Tools know how you made 100 extra minutes in your week - and how you enjoyed them.”

For more details of Mind Tools 100th newsletter and the 100 Minute Challenge, please visit <http://www.mindtools.com/rs/challenge100>.

About MindTools.com

Mind Tools' mission is to help people around the world learn the practical skills needed to excel in their careers. MindTools.com's online resources include a members' area (the Career Excellence Club), online e-book training programs, free online articles and a free newsletter. MindTools.com was established in 1995 by James Manktelow, a well-known authority on time management, personal effectiveness, stress management and leadership, as well as the author of six books on these topics. MindTools.com is the most visited career skills site on the Internet based on its Alexa ranking, the most widely used measure of website popularity.

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