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Sub ExportGALToExcelOptimized()  
    Dim olApp As Outlook.Application  
    Dim olNS As Outlook.Namespace  
    Dim olGAL As Outlook.AddressList  
    Dim olEntries As Outlook.AddressEntries  
    Dim olEntry As Outlook.AddressEntry  
    Dim olUser As Outlook.ExchangeUser  
    Dim xlApp As Object  
    Dim xlWB As Object  
    Dim xlWS As Object  
    Dim i As Long  
    Dim dataArray() As Variant  
  
    ' Initialize Outlook  
    Set olApp = Outlook.Application  
    Set olNS = olApp.GetNamespace("MAPI")  
    Set olGAL = olNS.AddressLists("Global Address List")  
    Set olEntries = olGAL.AddressEntries  
  
    ' Initialize Excel  
    Set xlApp = CreateObject("Excel.Application")  
    xlApp.Visible = True  
    Set xlWB = xlApp.Workbooks.Add  
    Set xlWS = xlWB.Sheets(1)  
  
    ' Add headers to Excel  
    xlWS.Cells(1, 1).Value = "Name"  
    xlWS.Cells(1, 2).Value = "Email"  
    xlWS.Cells(1, 3).Value = "Job Title"  
    xlWS.Cells(1, 4).Value = "Department"  
    xlWS.Cells(1, 5).Value = "Manager"  
  
    ' Pre-size the array to hold all entries  
    ReDim dataArray(1 To olEntries.Count, 1 To 5)  
  
    ' Loop through GAL entries and populate the array  
    i = 1  
    For Each olEntry In olEntries  
        If olEntry.AddressEntryUserType = olExchangeUserAddressEntry Then  
            Set olUser = olEntry.GetExchangeUser
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    If Not olUser Is Nothing Then
        dataArray(i, 1) = olUser.Name
        dataArray(i, 2) = olUser.PrimarySmtAddress
        dataArray(i, 3) = olUser.JobTitle
        dataArray(i, 4) = olUser.Department
        If Not olUser.GetExchangeUserManager Is Nothing Then
            dataArray(i, 5) = olUser.GetExchangeUserManager.Name
        Else
            dataArray(i, 5) = "No Manager"
        End If
        i = i + 1
    End If
End If
Next olEntry

' Write the array to Excel in one operation
xlWS.Range("A2").Resize(UBound(dataArray, 1), UBound(dataArray, 2)).Value = dataArray

' Autofit columns
xlWS.Columns("A:E").AutoFit

' Clean up
Set olUser = Nothing
Set olEntry = Nothing
Set olEntries = Nothing
Set olGAL = Nothing
Set olINS = Nothing
Set olApp = Nothing

MsgBox "Export complete!", vbInformation
End Sub

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# Import Outlook COM object
$outlook = New-Object -ComObject Outlook.Application
$namespace = $outlook.GetNamespace("MAPI")
$GAL = $namespace.GetGlobalAddressList()
$entries = $GAL.AddressEntries

# Use parallel processing to process entries
$results = $entries | ForEach-Object -Parallel {
    try {
        $user = $_.GetExchangeUser()
        if ($user) {

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[PSCustomObject]@{
    Name      = $user.Name
    Email      = $user.PrimarySmtpAddress
    JobTitle   = $user.JobTitle
    Department = $user.Department
    Manager    = if ($user.GetExchangeUserManager()) {
$user.GetExchangeUserManager().Name } else { "No Manager" }
    }
} catch {}
} -ThrottleLimit 4 # Adjust the throttle limit based on your system

# Export results to CSV
$results | Export-Csv -Path "$env:USERPROFILE\Desktop\GlobalAddressList.csv" -
NoTypeInfoInformation

Write-Host "Export complete! File saved to Desktop."
```

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