

MASTER PROCRASTINATOR

ONE DAY TRAINING COURSE

COURSE OVERVIEW

Procrastination is a challenge we all have faced at one point or another. If humans, have been around, we have been struggling with delaying, avoiding, and procrastinating on issues that matter to us.

During our more productive moments, when we temporarily figure out how to stop procrastinating, we feel satisfied and accomplished. This course is all about being productive by avoiding procrastination using modern tools and techniques.

COURSE OVERVIEW

The purpose of this training is to break down the science behind why we procrastinate, share proven frameworks you can use to beat procrastination, and cover useful strategies that will make it easier to act.

Participants will be able to become more productive in less time by being aware of the factors to avoid to not procrastinate.

ONE DAY | 0900 - 1700 HRS

USD 1,400.0 / SESSION

15 PARTICIPANTS

COURSE CONTENT

Understanding procrastination
-Why do we procrastinate
-Reasons & causes
-How to handle situations
The procrastination-action line
-recognising the procrastinating factors
Make rewards of acting immediate
-Reward is sometimes more work
Consequences of procrastination
-Loss of time & energy
-Loss of opportunity

COURSE CONTENT

Design your future actions
-Stay ahead on the road
Avoiding chronic procrastination
-Visual cues
Become productive in less time
-Earn more respect at your work
-Learn more skills at work
-Build reliable connections
-Be organized at work life balance
-Keep your task list organized.
-Have professionalism in what you do