



BENDING ON TIME

Control workload
prioritise the important &
sustain personal wellbeing

With thought provoking exercises,
challenging games, and plenty of teamwork,
learners are given a day that opens their
eyes to how time can be maximised to
make room in every minute for more.

Are you ready?

**A workshop on how to handle time to maximise a huge increase in productivity.
By employing this mind blowing new strategy for managing daily tasks and
longer term projects, you'll find a simpler way to success.**



Given all the pressures of life and the complexity of managing all the tasks at hand, students can get overwhelmed and confused, and struggle to keep up.

If you have ever wanted to complete your daily tasks and still have time to work on those projects correctly identified as less urgent but important, then this is a great workshop for you. You'll even learn how to find time for hobbies and relaxation.

This workshop offers an opportunity to develop a new way of thinking about time, tasks, procrastination, chunking, habits, and the 80:20 rule. Learners will engage with a method that leads to an exponential increase in what they can achieve in a day.

The course will cover:

- How to work smarter not harder
- How to put your habits to work for you
- How to get more A's with less effort

Learning outcomes:

By the end of the course, learners will be able to:

- Identify procrastination triggers
- Create sticky new habits that systematise the mundane
- Handle negative beliefs & know what to replace them with

If learners believe they already use their time effectively, they will still be blown away by this workshop which shows how to harness and actually multiply the impact of what they do with their time.

