



TWG-206: Productivity Training

Duration: Half Day

Accomplish what you want by managing time, energy and attention to achieve flow.

Do you feel stressed with workload or would like to improve your time management?

Would you like to move from 'busyness' to stress-free productivity?

Gain inspiration from achieving your goals in a supportive group.

"Time is what we want most, but use worst."

Join us for the most productive 3 hours of your year and learn pragmatic and practical solutions to getting organised to increase your wellbeing and productivity, facilitated by productivity coach, James Parnell.

Testimonial

I thought it was excellent! I've already recommended the course to lots of people! I wish we could do all the other modules also but it has given me so many points to action straight away & I'm confident I can improve my productivity!

Synopsis

In this workshop we cover the four pillars of productivity and the core practices, tools and techniques to sustain performance and wellbeing.

We discuss in detail:

- Effectiveness plus Efficiency – the four pillars of Productivity
- First things first – the importance and skill of Relative Prioritisation
- Your DNA to overcome Fear – move from goal setting to action!
- Confusion to Clarity – the COPE model and mastery system for mental clarity
- Distraction to Action – how to manage energy as well as time
- Go with the Flow – planning every magical week to achieve flow

This workshop will enable you organise everything in your work and home life so that, at any moment, you are comfortable, with what you are working on – and what you aren't. It will give you mental clarity and peace of mind.

The course will be delivered by James Parnell, who created the MAP model to help people design a better life.

Target Audience

- Executives and Leaders who work with teams.
- Anyone in a corporate environment who wants to manage workload better.
- Anyone who wants to get more control on their work and home life.
- Anyone who feels overwhelmed, constantly busy or stressed.