



Time & Life Management

“I wish there were more hours in the day”

The Challenge

Sadly we cannot have more hours in a day. There's always something else that needs doing and other's adding more to your plate, customers demanding more for less and you still don't know where to start to get everything done to the required standard by the desired deadline. This tends to lead to that 'Out of control' feeling and increased stress levels and still there's more to do.

The Solution

We can't make more time, save it, re-live it or travel through it so the next best thing is to manage what time we do have better..... yes ?

This half day pragmatic workshop enables you to do the following :

- Relinquish control over the things we have no control over
- Maximize on the things with which we can control
- Devise the best way YOU can manage your time as one size doesn't fit all
- Understand the workable difference between Important and Urgent
- Identify your Roles and Goals for your life not just work
- Enjoy what you do with your time
- Reduce stress
- Handle interruptions for the best possible outcome

£159 Half day workshop

TO BOOK or to discuss a Bespoke in-house solution **Contact us on 01483 256959** or

welcome@expressionspartnership.com

The Audience

This workshop is ideally suited to anyone who has identified they need help prioritising, staying in control, achieving a better balance between work and personal lives, manages others and their workload, could be sharper and more productive, finding solutions to time consuming activities and habits. You will be working with others who share similar challenges, possible solutions and experiences. You will also receive tools, techniques, solutions, and guidance on how confidently manage your time and life better

