

Time Strategies

There have been as many books and articles written about time management as almost any other subject in the personal and professional development field. Time management is not a time management issue. Almost everyone knows that you should complete your urgent, important, critical tasks every day. Almost everyone knows that planning your day makes more sense than letting others do your planning for you. Everyone knows, but very few do... Why?

In our rapidly changing, time-conscious world, we are forced to get more done ...with fewer people ... in less time. The quantity of time will not change. There are always 60 seconds in a minute, 60 minutes in an hour, and 24 hours in a day. Therefore, what needs to change is our perception of time, and how we manage our time, both professionally and personally.

The Process

As a result of this Time Strategies process you will be able to determine that each day will be invested in those activities which will return the personal and professional rewards that you desire. This process will help you overcome procrastination, help you effectively prioritize, and help you invest your time wisely.

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Critical Issues Covered in this Process

- Getting Organized
- The Importance of Meaning
- The Three D’s
- Goal Setting Investing Your Time
- Reacting vs. Acting
- Stress Management
- Procrastination
- Planning and Priorities
- Attitude Development
- Learning to Say No

The Results are Measurable

- Reduction of Stress
- Development of Time-Conscious Attitudes
- Ability to Accomplish More in Less Time
- Increased Productivity
- Solidified Life Purpose, Vision, and Values
- Enhanced Personal Balance
- Accelerated Goal Accomplishment

3-5 Development Sessions

The group of participants will meet weekly for 3-5 weeks. Each session will be approximately 2-3 hours in length. This process enables participants to “develop” since they will have application and practice time between sessions. Each session will end with specific goals and action steps to be accomplished by the next session.

1 Follow-Up Session

The group will meet 3 months following the last session. Participants will present progress reports on their individual and organizational goals. If needed, additional content may also be part of these sessions.