

Training brochure

Time & Self-management

Do you recognize this?

Too much to do in too little time.

Your to-do list just keeps getting longer instead of shorter.

Or you've even stopped keeping a to-do list and live from day to day.

Driven by the deadlines, assignments and requests that come your way.

You work long hours, sacrificing your private time. But then still it's not finished.

In other words: you are being lived instead of you deciding when you want to do what.

Time to take the wheel into your own hands, don't you think?

Time to find out what you can and cannot change about your current situation.

And then focus on what you can change and not be influenced too much by what you cannot change.

Time to think about how much time you actually spend on what and whether that leads to what you want to achieve.

Time to think about what you actually want to achieve.

Time to learn that saying "no" does not mean that you are not doing well, that you have failed or that you 'just shouldn't whine'.

Time to recognize that there is still a lot to learn and that you are already doing well.

Time to take a time & self-management training 😊.

Became curious?

Sign up or request an intake interview!



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