

86400 – Are you making them count?

We all have the same 86400 seconds to play with every day, yet it seems some of us manage to use that time better than others. So what's the reason for that? Are you bored, overworked or lazy...or do you just have uninspiring goals? Let's face it you'll generally find time for those things you deem most important to you.

The reality is you can't manage time. So, as it's impossible to get more of it (that clock is going to tick away those seconds regardless), you can only manage yourself within the time you have available. With that in mind, maybe the question you should be asking is 'how can I maintain my energy, motivation and focus to ensure I get the best out of my day and achieve the things I want at home and at work?'

Using practical tools, models and learning activities, this workshop helps you identify the things you simply must do, explore the reasons you're time challenged and consider the attitudes, behaviours and approaches that will help you use your time more effectively.