

## TIME MANAGEMENT TRAINING

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**COURSE LENGTH: 1.0 DAYS**

The PD Training Time Management Training Course will help you become more productive and more efficient in your role, and includes training in effective time management strategies such as goal setting, task prioritisation and delegation, applying Pareto's 80/20 rule, managing emails, how to overcome the procrastination habit and much more.

We want you to get the most out of your time spent in class, therefore, we encourage you to tell the trainer which lessons you would like to get trained in extensively before attending the course - you'll receive an invitation to do this once you've enrolled. The trainer will then customise the training to your needs and cover those topics in more detail.

Attend a Time Management Training Course in Australia in a city near you. Public classes are available in Brisbane, Sydney, Parramatta, Melbourne, Adelaide, Canberra and Perth or have a customised course delivered at your office or preferred location. You can also attend the course online. Call 1300 121 400 to learn more.

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## TIME MANAGEMENT TRAINING COURSE OUTLINE

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### FOREWORD

Understanding, identifying and defining your long-term goals is the very first step when implementing an effective time management solution. With the broader goal in the background, you can now set a series of medium and short-term goals that will effectively lead you to achieving the cherished long-term goals in your life.

By applying the skills taught in the Time Management Workshops, you can optimise your efforts to ensure that you concentrate as much of your time and energy as possible on the high-payoff tasks. This ensures that you achieve the greatest benefit possible with the limited amount of time available to you. Contrary to popular belief, effective time management is not necessarily based on doing more things in less time.

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### OUTCOMES

#### In this course you will learn to:

- ▶ Set S.M.A.R.T. goals
- ▶ Prioritise effectively
- ▶ Understand how to apply the 80:20 rule
- ▶ Categorise tasks using the Urgent/Important Matrix
- ▶ Manage Email
- ▶ Plan strategically
- ▶ Gain lasting skills to tackle procrastination
- ▶ Handle high pressure, crisis situations with ease
- ▶ Learn to organise the workspace for efficiency
- ▶ Master when and how to delegate for maximum productivity
- ▶ Set daily rituals for better productivity
- ▶ Gain insightful skills to better manage meetings
- ▶ Discover alternatives to in-person meetings

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### MODULES

#### Lesson 1: Getting Started

- ▶ Workshop Objectives
- ▶ Pre-Assignment Review

#### Lesson 2: Types of Goals

- ▶ Three P's
- ▶ S.M.A.R.T Goals
- ▶ How to Prioritise
- ▶ Staying Focused

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### Lesson 3: Prioritise the Day

- ▶ Pareto's Law
- ▶ Immediate Tasks vs Planned Tasks
- ▶ Staying on Track

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### Lesson 4: Plan to Succeed

- ▶ Planning Documentation
- ▶ Implementing Planning Documentation
- ▶ Choosing Tasks Based on Importance
- ▶ Breaking Large Tasks Down
- ▶ Targeted Tasking

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### Lesson 5: Removing Avoidance

- ▶ Procrastination Explained
- ▶ Nine Steps to Stop Avoidance
- ▶ Frogs for Dinner?

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### Lesson 6: Managing Unexpected Events

- ▶ Crisis Happen
- ▶ Planning and Preparation
- ▶ Time for Action Mode
- ▶ How to Avoid the Next Crisis

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### Lesson 7: Organised Work Stations

- ▶ Remove Disorder
- ▶ Manage Work Requirements
- ▶ Manage Electronic Communication
- ▶ Calendering for Success

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### Lesson 8: Delegation Principles

- ▶ Delegation Explained
- ▶ Assigning Delegation
- ▶ How to Delegate
- ▶ Accepting Delegation

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### Lesson 9: Rituals Are Required

- ▶ What Should be Ritualised
- ▶ Managing Basic Human Functions
- ▶ Examples to Follow
- ▶ Create More Time

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### Lesson 10: How to Best Manage Meetings

- ▶ Is a Meeting Required?
- ▶ Implement the PAT Technique
- ▶ Writing Agendas
- ▶ Stop Discussion Deviation
- ▶ Post-Meeting Follow-Up

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### Lesson 11: Meeting Options

- ▶ Virtual Conversations
- ▶ Conference Calls
- ▶ Electronic Communications
- ▶ Using Cloud-Based Applications

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### Lesson 12: Wrapping Up

- ▶ Words from the Wise

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## WEB LINKS

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- ▶ [View this course online](#)
- ▶ [In-house Training Instant Quote](#)
- ▶ [Public Classes - Enrol Now!](#)