

TIME MANAGEMENT WORKSHOP

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Time Management
Training



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, overcoming the habit of procrastination. The course develops your time management skills including setting S.M.A.R.T. goals, handling high pressure situations, and managing meetings.

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 tailor the training to your needs and cover those topics in more detail.

You will learn about your own personality type as well as other personality types and how to engage others in an entirely new way that provides a path to better communication and improved time management skills.

PD Training can provide a complete professional development program for your organisation which includes personality profiling and automated training requires analysis, so contact us today to learn more! For individuals, attend a public class in Brisbane, Sydney, Melbourne, Canberra, Perth, or Adelaide. Looking for an Online Live version of the course? Enrol in an Online Time Management Training Course. For private group training, let PD Training create a customised course to be delivered at your office or preferred location. Call 1300 121 400 to learn more.

TIME MANAGEMENT WORKSHOP COURSE OUTLINE

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 time management skills developed through the topics below, 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.

OUTCOMES

After completing this course you will gain the following invaluable time management skills:

- 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
- Set boundaries and be able to say no confidently

MODULES

Lesson 1: The Physiology of Time

- Less Stress More Free Time
- How we see Time
- Our Language around Time

Lesson 2: My Relationship With Time

- My Profile
- Planning and Completing Tasks
- Time Management Scenarios

Lesson 3: How I Currently Use My Time

- Time Audit
- The Glass Jar

Lesson 4: Procrastination and Overwhelm

- Signs of Stress and Burnout
- Common Causes of Procrastination

- Beat Procrastination
- Procrastination Battle Plan
- Overcoming Overwhelm

Lesson 5: Building a Time Management System

- The 4 D's of Time Management
- Design My Week
- Time Management Safety Net
- Urgent/Important Matrix
- Pareto Principle
- SMART Goals

Lesson 6: Time Chunking and Blocking

- The Power of a Trackable System
- Systemize Your Routine

Lesson 7: Strategic Assertiveness

- Managing Interruptions
- Managing Up/Managing Down
- Setting Boundaries
- Say No to the Task and Yes to the Person

Lesson 8: Working From Home

- Tips for Remote Workers
- Establishing a Productive Workplace

Lesson 9: The Digital Advantage

- Managing Emails
- Digital Tools

Lesson 10: My Action Plan

- What Will I Start Doing
- What Will I Keep Doing

WEB LINKS

- [View this course online](#)
- [In-house Training Instant Quote](#)