

Coaching Professors Online Life-Path Workshops

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“Time Management” – Overwhelmed? Too many things to do? No time for yourself? Learn how to re-structure your life and maximize the time you do have. Learn the skills presented in this workshop and finally accomplish all those necessary items on your “to-do” list.

QUESTION: What Do You Teach In This Program?

ANSWER: This program has two themes – focus on one's resistance to becoming organized and focus on one's knowledge of how to manage his or her time. Its interesting how often we tend to complete the most unimportant tasks, while the important ones do not get completed – there is a reason for this. The program addresses these ineffective behaviors and offers guidance to resolve them.

In the program, we teach participants a set of guidelines to become impeccable in their self-organization and to maximize the use of their time.

QUESTION: Well It Seems To Me That The More Efficient I Become In My Use Of Time, The More I Have To Accomplish... How Do You Explain This?

ANSWER: An excellent question...the psychology of being busy is very complex and it needs to be addressed in a step by step fashion – we discuss this in depth in our program. Participants are often ecstatic over their discoveries.

QUESTION: Is There A Simple Solution To Become "Time Managed?"

ANSWER: Definitely yes! The biggest challenges to becoming "time managed" include over-commitment, lack of organization and the inability to say "no" to projects that are not consistent with one's life goals...it is interesting that those who can best benefit from our program have the hardest challenge, namely, allocating the time to take our program!

We invite you to join us at www.coachingprofessors.com wherein you can finally plan and manage your time so you don't feel overwhelmed, nervous and always running. You can accomplish this through our online programs. Attending our programs has now become easy and convenient.