



PRESENTATION OVERVIEW:

TIME MANAGEMENT HAS NOTHING TO DO WITH TIME!

Traditional Time Management programs used to start out getting participants to dollar value their time, assuming that if they realize how valuable they are, they will change their time management habits. The focus then went into processes for managing time – to-do lists, diary systems, etc.

But what if this thinking is wrong?

Current research from neuroscientists is debugging many commonly held beliefs about the way the brain functions biologically and about the way we think.



Time Management has nothing to do with time – but everything to do with satisfaction!

Focusing on processes only re-focuses on the problem. That's why people stop doing “to do” lists as soon as the going gets tough. Any change is simply a short-term process driven to increase short-term outputs.

My Time Management sessions deal with the thinking that produces *value driven outcomes*. When people focus on purposeful outcomes – we can demonstrate powerful results.

Change is hard – and our brain helps us to avoid it because it takes too much energy. Knowing how the brain works and understanding how we really think helps us to make different decisions that increase our satisfaction, and therefore, our performance.

My Time Management presentations give participants the knowledge and the tools that create this change process - starting new, long-term positive habits.

I look forward to being the catalyst with your people to improve their “time management”. Call me to discuss your needs and how we can personalise the session for you.

Regards

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Author: *Fractal leadership – what if the way you think about your organisation is wrong?*