If left unchecked, procrastination can affect all areas of our life; by impairing productivity, motivation & self-confidence. The problem with procrastination is - we all experience it to some extent.

There are multiple reasons behind procrastination & it certainly isn’t just a matter of laziness. Its roots can often be traced back to many sources including: upbringing, educational background, perfectionism, self-esteem & the lack of motivation.

As a result avoiding procrastination actually requires a more systematic approach than just aiming to have discipline - which is the usual approach taken by most people & the one that results in most failures.
By acquiring this transferable skill individuals will learn:

- What causes procrastination
- Addressing procrastination to succeed
- The importance of goalsetting
- What Self Tracking is & how it relates to procrastination
- Tools & techniques for self-tracking
- How self-esteem relates to procrastination
- Techniques to improve self esteem
- Importance of motivation
- Motivation techniques
- Addressing fears & justification

This training is packed with guidelines on procrastination & productivity. Addressing procrastination takes more than just attending a course. The techniques must become habits so that they can be applied to those situations when self-discipline is low. By increasing our awareness about a large number of techniques on many levels. This training aims to equip individuals with the necessary tools to prevent procrastination impacting on their lives.

- Workbook & training materials included.

All of our courses can be run as group sessions as well as one to one coaching sessions. Each course is tailored specifically to our client's needs.

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