

WORKSHOP

3 KEYS TO BEAT PROCRASTINATION (and they aren't the ones you think!)

You don't have time to procrastinate.
And hell, it's not as if you WANT to.
But sometimes, in spite of the punishing
to-do list and the looming deadlines,
you find yourself... not doing what you
know you need to.

Chances are you're telling yourself you
have a time management problem.
But that's not it. You wouldn't have got
this far in your life and your career if
you couldn't manage your time.

What you have is an EMOTION
management problem, and that's a
whole other challenge.
Luckily, it's easily fixable.

Join internationally accredited
executive coach Karyn Brinkley for this
two-hour workshop, as she explains
what's really going on when you find
yourself procrastinating, and the three
key strategies you can learn in this one
session to restore your laser focus.

Feel free to encourage your executive
women colleagues and team members
to register with you.



2 HOURS, REAL CHANGE

- Resetting your brain so you learn and retain what you've learned today
- The many time management systems that work — and why they DON'T work when it matters most
- How our emotions hijack our priorities and lead to dreaded (annoying! futile! frustrating!) procrastination.
- The three keys that will banish procrastination from your life
- BONUS: an accountability practice that will make this change last for good!

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