

How to Make Time for Your Well-being

During this workshop participants will:

- Complete a time management audit to identify well-being “musts” and other top goals
- Develop a system for planning by using a Daily Action Plan to prioritize work and self-care actions
- Learn specific techniques for developing a positivity mindset
- Master time management strategies to focus on important, not just urgent things
- Create well-being habits to start and end each day right
- Establish wellness practices to fuel focus and productivity

Participants will receive a workbook with resources including a Well-being Plan and time management tools

Our brains are wired for survival and easily default to a negativity bias. This, coupled with the uncertainty we have all experienced in recent years, leads to a high level of stress. Making time for our well-being is not a luxury but a must!

This workshop provides high achievers with daily well-being practices that will enable them to build the reserves they need. In addition, they will learn how to make time for their well-being. This 60-minute training will provide actionable tools to feel more in control and less stressed, as well as rituals to maximize focus and productivity.

