

SupportTT: Productivity in Focus Workshop



Course Description:

Protected face to face productivity for those who need to get stuff done. This face-to-face day of protected productivity and anti-procrastination management is designed especially for people who want to get things done but find that life or work gets in the way of progress. The session offers in person community support whilst also learning to use 'staying focused' and anti-procrastination techniques to deal with performance gremlins and improve productivity.

This session encapsulates researcher study skills teaching alongside time dedicated to your own work. Each delegate must bring a piece of work they would like to spend the day focusing on. This could be reports, portfolio reflections, revision or study activities or something that has been on their to do list but never have the time to focus on.

Following the session there is an optional follow up 1-1 coaching conversation bookable after completing the course. This 1-1 follow up session is **not compulsory** but available for up to two months post session if required.

Learning outcomes

- Learn a number of 'staying focused' techniques
- Learn how to self-coach during stressful situations and regain control
- Learn how to identify powerful thought patterns to reduce stress

Dates and timings:

09.30 – 17:00 Friday 9th September 2022 at 3 Piccadilly Place, Manchester, M1 3BN

[Register here for a place](#)

09.30 – 17:00 Thursday 2nd March 2023 at 3 Piccadilly Place, Manchester, M1 3BN

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