

HIGH PERFORMANCE AND WELLBEING

1/2 DAY PROGRAM

OVERVIEW

Being able to give our best at work is a fine balance between protecting our wellbeing and maximising our productivity. Everyone struggles with procrastination, distraction and the pressures of 'performing'. Traditional time management strategies often only deal with symptoms and behaviours, not causes. In this workshop we look at the psychology of motivation, and explore the underlying causes of getting distracted by examining our emotions, beliefs and thought-habits. Once these are managed, giving our best is much easier.

OBJECTIVES

- Examine your role, individual tasks and priorities
- Explore the underlying psychological causes of distraction
- Implement practical strategies to harness emotions and thoughts
- Assess whether your psychological needs are being met in your role
- Establish a clear purpose to drive motivation

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

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