

Powering through PROCRASTINATION



Since time immemorial, we have perfected the art of postponing or delaying tasks that we know need to be completed but somehow get relegated to the back burner. We procrastinate, then worry, feel guilty, start taking steps to remedy the situation and then the cycle repeats itself.

Imagine if we could simply eliminate this unproductive spiral and enhance our responsiveness to be able to generate outcomes that are truly reflective of our capacities. This engaging workshop helps you power through the procrastination habit to achieve your set goals.

- The how's & the why's
- Awareness, acceptance, desire to change
- The power of Micro-resolutions
- Practical strategies for self regulation

Format: One Day (6hrs/day) Online/ Onsite

Participants: Not more than 35 persons

Requirements: If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- Laptop with sound and video projection
- White board
- Chart paper
- Writing materials

Cost: Rs. 40,000/- +18%G.S.T per day

Travel & stay extra at actuals

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