



Are you constantly juggling deadlines and priorities?

Do you work more hours than you should because there is always something more that needs to be done?

JOIN US FOR A FULL DAY WORKSHOP 'BUSTING THE BUSY TRAP'

This workshop will help you put everything in order so that you have more time, more energy and more control over how you use both.

In this workshop you will discover:

- ➔ **Why saying No isn't the drama you think it is**
What is really stopping you from setting boundaries and how can you ensure people respect those boundaries once they're set?
- ➔ **Why there is never enough time for what's on your list and what you can do about it.**
- ➔ **How to make sure you get the important stuff done every day**
When are you at your most productive and how can you protect that time?
- ➔ **How to delegate so that it saves you time and stress - not adds to it**

This workshop is for anyone who has too much to do and too little time to do it in.
Stop worrying about managing time and start focussing on managing you.

When: Tuesday 16th October, 9am – 3pm

Where: The Jaycee Room, Founders Park, 87 Atawhai Drive, The Wood, Nelson

Facilitated by: Kerri Price, Exult

Cost: \$120 / person (Tonic Subscribers receive a 10% discount)

To Register: Return the attached form or email rosie@exult.co.nz

For More Info: Phone 07 571 8819 or visit www.exult.co.nz