

DATES:

February 3rd & 5th 2026

TIME:

9:00 am – 12:30 pm

COST: \$1200

TARGET GROUP:

Persons who want to improve their productivity/work life balance

ELEMENTS OF THE PROGRAMME:

- **2-Day Workshop**
- **Buddy System**
- **Email Coaching**
- **Post- Workshop Assignment**

ONLINE

TIME MANAGEMENT Training Programme

**REGISTER
TODAY**

**Our Time Management
programme is about
*Behaviour Modification.***

This means that learning new skills and strategies (modified behaviour) must be complemented with enhancing ones:

- Discipline
- Self-Awareness
- Resilience

This programme focuses on these core competencies, as well as the best practice strategies and approaches, to equip participants with a toolkit for effective Time Management.