

Are You a Focused Frank OR Last Minute Lucy?

...the Answer Could Change Your
TIME MANAGEMENT Forever!

Engaging, practical, no-fluff workshops



Introducing Valerie McDougall & Jayne Jennings, Speakers, Writers, Coaches & Work Life Balance Champions with their breakthrough approach to Time Management.

If you want your staff to be **less stressed** and **more productive**, unlocking their **Time Management Styles** is critical for your business.

Why a Time Management Style workshop is a MUST for your audience

- The one-size-fits all approach just doesn't work for Time Management
- They'll learn an innovative concept that will change the way they view their time forever
- They will discover the different Time Management Styles, their strengths and the challenges that need to be addressed if they are serious about maximising their time
- They will learn key strategies and tips tailored for their Style so they'll be more productive
- Team outcomes will improve
- And it's done in a fun way!



Achieve More, Live More
www.TimeManagementStyles.com

The Workshops We Offer:

- Understanding your staff's Time Styles to increase performance
- Tapping into Time Styles to improve teamwork
- Practical, customised Time Management workshops



Who Should Attend?

Business, government or not-for-profit sector groups will find this a valuable workshop in any retreat, training, team building event or annual function.

Great too for women's retreats where learning, laughter and personal growth are key ingredients.

More Information

With over 20 years experience in business and government in strategic and communications roles, Valerie McDougall & Jayne Jennings bring a breadth of knowledge and experience to your next workshop or training event.

Contact us for more information.