

Overcoming Time/Life *I DO Have the Time*

OVERCOMING TIME/LIFE 2009

Have you ever noticed how we never seem to have enough time to do what we want because we are always doing what we must?

Have you also noticed that we get so caught up in time management that there is no time left to actually have the life we set out to create?

Have you ever wondered how some people seem to have so much time?

OVERCOMING TIME/LIFE



Ultimate
Performance
Consulting™

Do you manage your time? What have you noticed about the way you use your time? Is there something about time that seems to elude you?

Things are different. The world we grew up in is much faster with many more demands on our time. Did you notice the change? Do you have the facility to cope with the constant challenges arising from the fast pace pressures of life?

People who are able to adapt to and create additional time while under the constant time pressures clearly have an advantage over those who are unable to cope. So what is the difference? What is the secret?

Leaders and Managers in any organisation need to have the ability to manage their time and that of team members in order to create the best results easily and effortlessly.

How useful would it be to your organisation, and your personal life if you were able to create the additional time to do tasks or have more fun & downtime?

We all have a base set of skills that we use to deal with life but unless we actively seek to equip ourselves with practical new skills and strategies, we are not able to adapt as life transforms around us.

SKILLS COVERED

- Knowing the Endgame
- Reverse Engineering Your Time Management
- Enforcing Boundaries

Included is some insight on how Andreas turned his 80 hour week into 20 and now only works 6 months of any year. A managed lifestyle which lead to an opportunity to ride his handcycle 16,000km around Australia.

Create An Abundant Life