

# OVERCOMING PROCRASTINATION

This program explores why people procrastinate and provides tools for emerging and first-line managers to overcome this self-sabotaging behaviour.



**kinetik**  
global

**CONTACT US** admin@kinetikglobal.com  
0413 948 771  
[www.kinetikglobal.com](http://www.kinetikglobal.com)

## PROGRAM OUTLINE

This workshop examines the act of procrastination and helps participants to understand:



- Why we procrastinate
- The different types of procrastinators
- The warning signs of procrastination
- How to tackle procrastination head-on with practical techniques and tools
- Leadership techniques to help employees overcome procrastination

## LEARNING OUTCOMES

After completing this workshop participants will be able to:

- Understand why they procrastinate
- Identify their procrastination style
- Understand and recognise the signs of procrastination
- End procrastination and take action
- Establish an environment that supports action
- Support employees to overcome procrastination habits

## BENEFITS TO BUSINESS

- A Darius Foroux study identified that procrastination affects 88% of the workforce and costs employers between 1 to 4 hours per day in lost productivity (per procrastinator).
- Upskill your employees to identify their procrastination behaviours and overcome these to be more efficient.

## PROGRAM DETAILS



**COST** \$4,000.00  
(Cost is per program, ex GST)

**PARTICIPANT  
NUMBERS** 15 participants maximum  
(Optimal group size 8-12)

**DURATION** 4 hours

**DELIVERY** Digital  
(Delivery via Zoom etc)