



Course Objective

To explore why people procrastinate and provide tools to overcome this self-sabotaging behaviour.



Learning Outcomes

After completing this course, 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 (*Leadership program only*)
- ⦿ Support employees to overcome procrastination habits (*Leadership program only*)



Program Outline

This program examines the act of procrastination and will help 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 (*Leadership program only*)



Key Business Benefits

- ⦿ 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.



Duration (online)

Standard Program 1 hour
Leadership Program 2 hours



Participant Numbers

15 participants maximum.
Optimal group size 8-12.



Cost (online, per program, ex GST)

Standard Program \$1,000
Leadership Program \$1,500



Delivery Method

Online: Zoom or Teams.
Interactive session.
Each participant will need a camera and microphone.

Onsite: Based on client requirements.
Contact us for a quote.