



HOW TO SMELL THE ROSES

"Take your time...rush lasts a moment, but regret can last a lifetime." - Unknown

Workplace productivity has long been linked to the amount of time spent on tasks. Taking your time allows you to properly analyze a situation, come up with creative solutions, and produce quality results. In this course, you'll discover the value of taking your time at work. We'll explore how to prioritize tasks and break them into manageable chunks. You'll learn how to plan and time projects throughout their duration and how to avoid distractions. Finally, we'll look at techniques for dealing with stress and pressure so you can remain productive without sacrificing quality. Join us for an enlightening journey towards mastering the art of mindful productivity.

Key Course Content:

- Relax the mind and minimise anxiety.
- Looking after you - What tools do you need to be able to smell the roses?
- Understand how to relax.
- Live in the present.
- Use your imagination.
- Choose your lifestyle.
- Understand how to stop thinking.
- Understand the benefits of helping others in any form.
- Understand your personality type.
- Pursue positive thoughts rather than dwelling on faults.
- Understand how thoughts affect our perceptions.
- Broaden your vision and develop a more positive outlook.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.