

Time management, prioritization and decision making

Course content

This course is about applying time-management and prioritization in sequence taking neurodiversity into account. Participants will learn about their personal time-thieves in an engaging learning environment. We will discuss impulses for decision making and look at ways to improve participants metacognition (thinking about thinking). The training will be highly interactive and includes many practical tools to integrate in participants' work and private lives.

Course objectives

- Increase productivity by managing your time effectively
- Reduce stress through prioritization methods
- Improve decision making by reducing mental-load and gaining clarity
- Increase motivation and accountability
- Gaining a greater sense of control over your work-load

Methodology

Neuroblitz offers science and drama-based trainings. All trainings are based on applied improvisation. Using our Cognitive Improvisation Method, we develop hands-on exercises and live simulations. Our seminars, workshops and learning journeys become well-remembered experiences through our interactive way of facilitating.

Target group

for professionals who are seeking to enhance their time management skills and productivity while taking into account neurodiverse perspectives. It is suitable for employees at all levels of an organization, including managers, team leaders, and individual contributors.

Duration

4 hrs, 8 hrs as a solo-course or part of a longer learning journey e.g. weeks or months

Format

All formats (On-site, online or hybrid)