Productivity In Focus- For Shielding Trainees

While you are shielding or working away from the clinical setting, we'd like to offer you the chance to get your focus back and learn how to beat procrastination with a professional coach. Make a commitment to get back on with that project, finish that assignment, sort out your portfolio or complete that audit.

The day includes the opportunity to:
• Spend over 3 hours working on your work and achieving real productivity success
• Learn a number of techniques to help you keep on track
• Learn how to identify powerful thought patterns that will help you set achievable goals for your day
• Leave with a study routine you can use after the course and maintain your productivity momentum.

The event will be facilitated by Dr Katy R Mahoney, a qualified performance and development coach with over 16 years of experience in training and development in the UK and the EU. She will guide you through a day of productivity to ensure you leave feeling empowered, motivated and able to continue to make progress on your projects.

This session is open to any doctor with a training number or on Foundation who has been shielding, working from home or strictly socially distancing due to COVID. This includes people who have accepted, but not quite started, a training post.

Previous attendees of the online course have said:
"I would recommend to others - it organises thoughts and priorities for busy people with too much on their mind."
"I was more effective in less time; everyone would benefit from this."
"A virtual work environment in which to structure my time purposefully, aiding me to realise feasible outcomes moving my doctoral studies forward."

Agenda
16th December 2020 - over Zoom
09:20- 09:30 - Arrivals and getting to grips with the technology
09:30-12:15 - Morning productivity
12:15-12:45 - Lunch break
12:45-14:30 Afternoon productivity

Register now : https://docs.google.com/forms/d/e/1FAIpQLScQEUWIgcF2X2ChvWYr-sJuLzOqQ_hPgyEBOkyClhOiFqNPIg/viewform

Space is limited to 15 participants. After registering you will be sent further details about how to join the virtual event. Please bring a project or task that you would like to work on during the session.