

MANAGE TIME. MANAGE ENERGY.

Is it 'Time' for a Change?

Session One: **February 5, 2009** – 8:00 am to 12:30 pm

Coaching: TBD

Session Two: **February 19, 2009** – 8:00 am to 12:30 pm



Charlotte Waisman



Linda Bedinger

Location:

The Women's College of the
University of Denver
1901 E. Asbury Ave., Denver

Cost:

Members: \$787
Non-Members: \$887

REGISTER TODAY!

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360 S. Monroe Street, Suite 270
Denver, CO 80209
303-470-7576
info@womensvision.org

We all know the phrase, *“Doing what you've always done, will get you what you've always got.”*

So, why do we treat time and its management in such a way that we are exhausted, over scheduled, and limited in productivity? What if you could change that? In a new program for people of all levels and experience, Women'sVision introduces an innovative, two-session workshop to help you make the most effective use of your valuable time:

- Identify the tools to help you 'capture' the chaos
- Examine why you make some of the time-priority choices you do
- Clarify what productive time looks like for you personally
- Explore the concept of an integrated life
- Practice thought-filled reflection and writing clear actionable plans

By creating a 'Time-Capture' plan, you will:

- Recover lost productivity
- Learn why you do what you do
- Find the time you need to help satisfy your work/life balance
- Discover how to approach the concept of time in a new way

In between the two half-day workshops, and with a group of four of your classmates, you will have a telephone coaching conference to check on your progress. The second workshop will further explore what is working, and where you have additional challenges and opportunities to realign how you manage your time. At the end of the workshop, you will walk away with an individual action plan to assure your success!



From the AthenA Group -
A Workshop facilitated by Charlotte Waisman & Linda Bedinger