



Wednesday 5 July, 2017

## Time Management

We have email, instant messaging, social media, video conferencing and the smart-phone. But the price of that connectedness can be overwhelming!

Instead of formulating a plan at the start of the week, or the start of the day, most people simply turn on their email and start working their way through the new messages. Control over the day, and what needs to be done during it, is handed over to the inbox. Important tasks get interrupted and delayed because people are not managing their activity or their projects effectively.

In this 4 hour course, the focus is on goal setting, prioritising and planning. We cannot manage time – the fact is we all get allocated the same number of hours every day – what we can manage however, is the activity we choose to fill our time with. And this is the secret to high personal productivity.



We all have the same amount of time available to us each day, but some people seem to get a lot more done than others. It's what we do with time that matters.

**DATE:** Wednesday 5 July, 2017

**TIME:** 12.30pm – 4.30pm

**TRAINER**: Dawn Russell – Director, the heartware® group

**VENUE**: Master Builders Association, 4 Walton Close Geraldton

COST:

MBA Member eligible for CTF subsidy
Non-member eligible for CTF subsidy
MBA Member

\$670.00 - \$136.00^
\$720.00 - \$136.00^
\$670.00

MBA Member \$670.00 **\$670.00\*** Non-member \$720.00 **\$720.00\*** 

If you require further assistance, please contact us on **08 9921 5061** or email **geraldton@mbawa.com** 



The Construction Training Fund provides funding support for training of eligible workers in the construction industry. We acknowledge the support of the Construction Training Fund in reducing costs of training for eligible workers.

Course Fee

Total

\$534.00\*

\$584.00\*







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<u>Please Note</u>: This course is subsidised by the Construction Training Fund (CTF) for eligible participants. Master Builders requires participants details be provided as indicated below, otherwise the full fee may apply.

PARTICIPANT DET	TAILS:					
Surname:			First name:			
Date of birth:						
Mobile:			Email:			
Home address:						
Suburb:			Postcode:			
Job/Trade title:						
Job description (brief detail):						
EMPLOYER/COMPANY DETAILS:						
Master Builders member name:						
Employer/company name:						
Address:						
Suburb:			Postcode:			
Contact name:			Email:			
Phone:		Fax:		Mobile:		
Please tick the industry sector in which you work						
Please <u>tick</u> the ind	ustry sector in	which you work	Comm	ercial □	Housing	Engineering
		PAYMENT	DETAILS			
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