

# LEADERSHIP & MANAGEMENT

**QNET presents:**

## **Mastering Your Time Management Skills**

**Monday, September 28, 2015 – 12:45 p.m. to 4:30 p.m.**

**Location: QNET – Suite 660, 175 Hargrave Street, Winnipeg**

Have you ever asked, “What have I done today?” Do you start your day with high hopes of getting things done and then leave work feeling as if you didn’t accomplish anything? An important concept to consider is that time is constant! We each have 168 hours per week – no more and no less. So, in reality, we have all the time we’ll ever get. The key to achieving your priorities lies in managing yourself in relation to time and events. Recognizing the importance of the control you have in relation to events will give you the power to set priorities and to manage your time and yourself in order to achieve those priorities.

In this interactive workshop, you will learn strategies for gaining control of the events that compete for your professional and personal time. You will receive a comprehensive manual with notes, samples and exercises designed to be a shelf reference. The workshop focuses on:

- Gaining control of the events that compete for your time.
- Understanding the power of habit.
- Identifying what your priorities are.
- Managing your time and yourself in order to achieve those priorities.
- Scheduling so things get done.

**Facilitator: Marie Antaya** is the director of Eclectic Communications – a highly recognized training and consulting company that specializes in business communication and professional development. Marie has many years of experience as an educator in a variety of subjects including business communication. She has also led numerous program and course development projects. Along with her training and course development work, Marie has shared her expertise with clients in private, non-profit and public sector organizations. Using her combined experiences, Marie delivers informative, practical workshops tailored to the audience’s needs. In addition, Marie has been involved in a range of writing and editing projects. She has developed resources, created promotional materials, and written website content. In all of her writing projects, Marie ensures that each document connects with the reader and gets results.

**Fee: (includes a light lunch)**

- \$179.00 + GST for Members of QNET or APICS
- \$219.00 + GST for Non-Members

*This session is presented by QNET in partnership with APICS Winnipeg Chapter and Industry Services, Jobs and the Economy, Province of Manitoba.*

**REGISTER ONLINE at [www.qnet.ca](http://www.qnet.ca)**



**QNET**  
Suite 660, 175 Hargrave Street  
Winnipeg, MB, R3C 3R8  
Phone: (204) 949-4999  
Fax: (204) 949-4990  
mail@qnet.ca  
www.qnet.ca