

LEADERSHIP & MANAGEMENT

QNET presents:

Mastering Your Time Management Skills

Monday, January 28, 2019 – 12:45 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. Some pre-course work and reflection will be required. 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: Susan Portelance is an associate of Eclectic Communications – a highly recognized training and consulting company specializing in communication development. Susan brings to the classroom over 10 years of training experience and four years of Toastmasters participation where she has honed her public speaking and leadership skills. Susan has completed training in adult education, presentation skills and coaching skills. Also, she is a Certified Training and Development Professional.

Fee:

- \$199.00 + GST for Members of QNET or APICS
- \$239.00 + GST for Non-Members

This session is presented by QNET in partnership with APICS Winnipeg Chapter and Manitoba Education and Training.

REGISTER ONLINE at www.qnet.ca



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