

Overcome Procrastination and Start Playing a Bigger Game in Life

A Series of 5 Teleseminars: September – October 2011

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Procrastination is a huge blocker to high performance in business and in life and can be the prime cause of inefficiency and mediocrity. Missed deadlines, disgruntled clients, valuable business opportunities that are overlooked are just some of the costs. Procrastination also increases stress, causes tension in relationships and plays havoc with work-life balance.

For many, procrastination is a fact of life and is a human condition hired-wired into our DNA. Traditional approaches to overcoming procrastination have focussed on time

management and prioritisation techniques. Whilst helpful, these techniques do not address the underlying human condition that underpins our procrastination.

In this series of 5 teleseminars we will examine the common denominators behind procrastination and give practical strategies for overcoming it.

Session 1: Your Vision of Success

- Creating a compelling vision
- What is your Why?
- 50'000 ft planning down to runway level activities
- Time-tracking tool

Session 3: Empowering Emotions

- Using emotional energy as your call to action instead of it limiting you
- What's your emotional landscape?
- Learn the different messages of emotions

Session 5: Bonus Session - Integrating the Learning

- Benefit from laser coaching and Q & A sessions

This will be a highly informative and interactive series with goal setting, commitment and accountability all built in. You will be provided with valuable content, "done for you" checklists and templates, and you will be able take immediate action from the beginning of the programme.

Session 2: The Art of Productivity

- Reigning in your procrastination gremlin
- 4Ds of getting things done
- Eliminating excuses
- What's unconsciously holding you back?

Session 4: Personal Mastery

- Pain or Pleasure Principle and how to use this to increase your own performance
- Use of your own 3 centres of power to achieve peak performance
- Success conditioning

If you know that you could be achieving more than you currently are and willing to invest the time and resources to develop yourself and start playing a bigger game in life, this is a low risk investment that could be the perfect place to start for you!

First Session: Session 1 takes place on Wednesday 7th September 2011 at 20h00 CET (Central European Time). For participants in a different time zone, see www.timeanddate.com/worldclock/meeting.html to find the corresponding time for you.

Note that all sessions are recorded so that you can listen to them *at any time* if you are unable to participate live in a session.

Investment: Early Bird Price for payment before 1st September 375 CHF. Full price for payment after 1st September 475 CHF

If you are suffering from procrastination, do not hesitate to reserve your place now as places are limited! Reserve by email through sarah.shaw@simplyzest.com or at +41 79 409 6433.