


Time Management

April 3

Trainers

 Robert Blaga

 Mihai Baciu

Agenda

09:00 - 09:30 - Welcoming Coffee

09:30 - 10:00 - Course introductions, logistics and setup

10:00 - 12:30 - The Brain Game

12:30 - 13:30 - Lunch

13:30 - 14:15 - Strategy 1: Habit

14:15 - 15:00 - Strategy 2: Energy

15:00 - 15:15 - Break

15:15 - 16:45 - Strategy 3: Action

16:45 - 17:00 - Closing

The program is suited to anyone who sometimes feels overwhelmed, unproductive and drained of energy by the end of the day.

Price: €390

For registrations, please contact us at camelia@brainiup.com

Summary

Based on **The Brain Game**, the program focuses on helping people understand what works and what doesn't when it comes to managing their time and energy. The game is very interactive and brings to life pragmatic solutions extracted from the latest scientific discoveries into the way our brains functions at work.

Focus

- What is eating up my energy during the day?
- What's best to be done in the early hours of the morning?
- What healthy habits should I develop?
- How can I handle complex tasks and projects?
- How can I get unstuck and find creative solutions to problems?

Outcome

When people understand their brains and bodies they can make more informed decisions in their day-to-day. Because of the high level of pragmatism, scientific grounding and multiple AHA moments, the program will first change people's mind about time management.

When that switch happens, people will become aware of the three main strategies that bring the highest value.