

Effective Time Management

Duration: 1 Day Course Code: GK2948 Delivery Method: Virtual Learning

Overview:

Project Managers are asked to do more with less faster than ever before. In this short course, you'll learn techniques to help you avoid spending your day in a whirlwind of activity that leaves you exhausted, yet with very little accomplished. You'll learn how to manage priorities, organize your activities, execute without delay, and take back control of your day.

Virtual Learning

This interactive training can be taken from any location, your office or home and is delivered by a trainer. This training does not have any delegates in the class with the instructor, since all delegates are virtually connected. Virtual delegates do not travel to this course, Global Knowledge will send you all the information needed before the start of the course and you can test the logins.

Target Audience:

PMP® -certified project managers, IT project managers, project coordinators, project analysts, project leaders, senior project managers, team leaders, product managers, program managers, project sponsors, and project team members who want to continue to develop their skills and renew their PMP® certification.

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Objectives:

- How to focus
- Discover your real priorities
- Set goals related to those priorities

- Track your progress
- Key stress management techniques
- Return productivity and efficiency to your day

Prerequisites:

Before attending this course delegates must thave the following skills or knowledge before attending this course;

- PMP® certification
- Introduction to Project Management
- IT Risk Management
- Applied Project Management
- PMP® Exam Prep Boot Camp
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Content:

Is there really anything new?

- Dr. Samuel Johnson: People "more frequently require to be reminded than informed."
- Can you really keep up?

Dealing with procrastination - Do it now!

"The now habit"

Conflicting advice - why so many choices?

How to discover your real priorities

How to make time for your priorities

ABC analysis

- Pareto analysis
- Fit
- It's all about three folders: Action, Archive, and Hold
- Telephone techniques
- One-on-one encounters
- Step away from the computer!
- Focus on the present
- Pay attention! (Ignore all the beeps and blats)
- Pareto analysis
- Fit
- It's all about three folders: Action, Archive, and Hold

Telephone techniques

- One-on-one encounters
- Step away from the computer!
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How to set goals - self management

Tools and techniques for planning and scheduling time

Tracking techniques - activity logs

Ignore the noise!

- How to manage your e-mail
- Empty your Inbox or keep the count near zero
- Pareto analysis
- Fit
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- Pareto analysis

Fit

It's all about three folders: Action,

How to deal with interruptions

How to carve out your "me time"

How to say "no" and still live to work another day

Delegation techniques

How to "decompose" your work into achievable, actionable byte-sized pieces (action plans)

Understanding when you are at your best

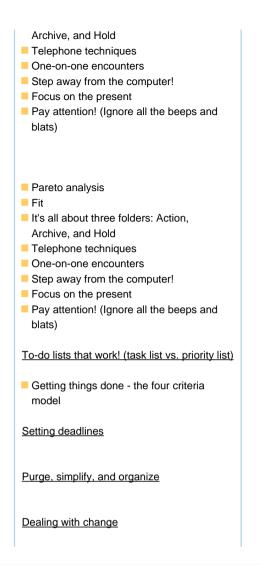
When to use technology and when not to

How to work with other people to achieve common goals

Set aside time for. nothing (catching the brain-rain)

<u>Get enough: sleep, exercise, food, rest, play</u> (<u>It's all about balance!</u>)

Overwork (burnout bound!)



Further Information:

For More information, or to book your course, please call us on Head Office 01189 123456 / Northern Office 0113 242 5931

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