

## Managing time and stressful situations

"Until we can manage time, we can manage nothing else - Peter Drucker".

We live in a world where our daily routine is hectic, our lives stressful and time too precious to waste. Through this interactive seminar, participants will be introduced to some key time management tools which will help them plan their time more effectively. They will be presented with various studies, questionnaires and games to enhance their learning.

Emphasis will also be placed on participants' personal brands and how, subject to various personality types, they manage stressful situations by following a 5 step approach.

### Who should attend the seminar?

- Junior or senior executives who are juggling with time management and/or are faced with stressful situations.
- Anyone who would like to find out more about themselves (personal branding and personality types).
- Anyone who would like to learn how they can improve their wellbeing by managing their energy, time and stress.

<b>Time</b>	9:00 – 17:30 7 CPD units
<b>Date</b>	28 April 2020 PwC's Training Centre Nicosia (Julia House, 3 Themistocles Dervis str., Nicosia)
<b>Instructor</b>	<b>Marilena Shakalli Maroudia</b> <i>Senior Manager &amp; Tutor of PwC's Academy</i>
<b>Fee</b>	€200 (+VAT) 10% early registration discount for bookings made by 22 April
<b>Language</b>	English