

Time Management

with Sian Winfield.

Designed for those who are looking to raise their time management game, increase productivity & fulfilment

Time Management Coaching • Time Management Coaching • Time Management Coaching • Time Management Coaching

Why?

do we need time management

If we aren't working in line with how we work best and in a practical way that enables us to stay on track with what we are looking to achieve, we can find ourselves in unproductive routines with ongoing internal battles. This becomes quite consuming and can hinder personal or professional progress.

Our Time Management is ultimately measured by what we spend our time on / our output and whether when doing this whether we are 'in flow', working at our optimum and enjoying what we are doing.

This Coaching is aimed at building a complete picture of all the areas that need to be considered in order to do this well and provide the support to put in place the routines and ways of working until this becomes a habit.

Topics

we will cover

- **Ways of working** currently and natural strengths / weaknesses
- **Disc Profile Report & Full analysis of findings**
- **Personal / Business aims** - where your time should be spent to move you forwards
- **Resources:** time / team support etc.
- **Habits** that no longer serve you
- **Bottlenecks!** Practically and emotionally
- **Energy states** we find ourselves in (eg survival or depletion / renewal)
- **Mindset**
- **Life balance**
- **Future ways of working & tools** that can be used moving forwards specifically for you

Who?

is this for

Entrepreneurs new or established, CEO's, Founders, Investors who are all looking to step up their time management game or see that they need to but have something holding them back that is impacting performance.

Those that have tried many times but find that their productivity is low or they find it difficult to focus or in fact are unclear about what they should be doing to understand how to prioritise their time.



How?

does it work

SW.

Pre-Session

We get set up before the session with pre session questions & disc profile

First Session

We talk through your disc profile and the pre session questions and answers to build a thorough picture of what we need to work on in the remaining sessions.

Other Sessions

We work through the actions and areas discovered in the initial session taking you to where you need to be to manage your time efficiently, well and doing the right things for you.

Toolkit

You will leave the sessions and series of sessions with a solid toolkit specifically built around how to ensure that you are on your A game with your time management with easy to refer to items for future use.

Take

always

- Disc Profile & Analysis of working style
- Removal of any barriers to productivity
- Understanding of how you work and work best
- Your own toolkit to use

[Click here to learn more](#)