

ALL the delegates who attended our previous workshop on "Time Management for Busy Women" said they would recommend it to a colleague. They also said:

"Do it! It will give you time to reflect and to put into place strategies for more efficient management and productivity."

"Whether or not you think you manage your time well, it's worth taking a couple of hours out of your day to attend this session, relax, meet a few like-minded people, learn some new techniques and/or just remind yourself what's important and how to achieve that."

"I got a huge amount from it. In particular, it focused my mind on how best to use my time, and to prioritise where necessary. Very useful strategies to prevent lack of focus and time thieving."

"If you would like some help with managing your time and becoming more effective, this workshop will provide you with some invaluable tools."

"Great for everyone, even if you think you're good at time management there are still lots of tips and useful advice to be picked up!"

"After attending Cara's workshop I immediately implemented refocusing on the tasks I work on in my golden hours and just like that revolutionized my work week –more of my quality time is now directed to strategic, important business with every day operational tasks still getting done but in a much more efficient way."