



Benefits of Time Management

Stress reduction

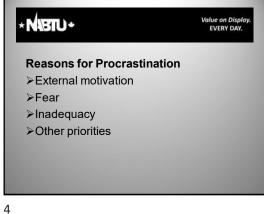
Tasks completed

Job success

Self determination

Balanced life

3



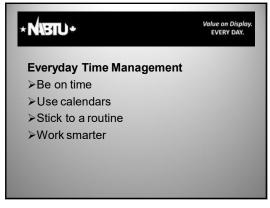
Moving Beyond Procrastination

Internal motivation

Facing fear

Deciding to learn

Reordering priorities



5 6



* MABIU * Conclusion • Is time management something you already practice? · How?

8