

## «Lunch & Learn» - Ihre Gesundheit im Fokus



Webinar Thema: Time Management – Boost your Productivity  
Datum: **23. September 2022, 12.00 bis 13.00 Uhr**  
Sprache: Englisch

With all the demands on your work and personal life, good time habits have never been so important. Learn how to deal with the challenges of “too much to do, not enough hours in the day”.

In this short session Clare will share a few key strategies you can use to:

- ✓ Take control of how you manage your time
- ✓ How to plan and prioritise your workload
- ✓ Manage your time more effectively
- ✓ Balancing work and wellbeing