

Getting Things Done: Time Management in the Current Environment

Is time management a myth or reality? Can we really manage time? Can we get everything done? Well, we definitely don't have the time at the moment to dig into the abstract philosophy of time. We have to deal with the existential reality of the expectations that we place upon ourselves and those around us! We really do have to Get Things Done! Join Lisa and Dave for a brief discussion of a few techniques to help you get the important things done and still find time for yourself!

Learning Objectives:

- Learn to get things done through prioritization
- Understand how to turn negative pressure into positive outcomes