

BRISBANE WOMAN Workshop + Networking Evening

Wednesday 4th November



Is Procrastination hurting you?

Set yourself up now for success in 2010 -

Results not Resolutions!

Has Procrastination ever hurt you?

Is Procrastination an obstacle in your life and would you like to learn how to transform it?

There are many ways to avoid getting what you want in life. But the most sure-fire just might be procrastination.

How many times have you avoided your intended activities by doing just about anything? Is the task too insignificant to be done at any point in time? Or have you convinced yourself that you work best under pressure? Or perhaps you hold such exceptional standards that you refrain from doing?

If any of that describes you, join us for this practical workshop and discover how to make 2010 a year about results, not resolutions.

In this workshop, you will discover:

- 🌟 Why procrastination is an alert system you need to listen to
- 🌟 Why it is such a huge part of your life
- 🌟 What the problem is and what it is not
- 🌟 5 Easy steps to find out if you or someone around you is a procrastinator
- 🌟 Is there a lasting solution?
- 🌟 Become a master at time management and never put your dreams off ever again

After this workshop, you will have insights and tools on how to reverse the effects of procrastination and meet life's inevitable challenges that we all face with self-confidence and resiliency.

It will deliver a practical skill-set to help you respond dynamically and effectively to work pressure, emotional challenge, stress and change.



Corinne Torres, founder of [Results Coaching](#) has over 15 years experience in facilitating personal and organisational development. Corinne has supported teams to improve stress management, communication and relationships, advised organisations on managing culture change, facilitated strategic planning, and coached for individual development.

Her work has included programs for leadership and team development, change management, communication skills, stress management and peak performance.

Event details:

Tuesday 1st December

6pm onwards for 6.30 start

Finish approx 9pm

\$50 including finger food, workshop and speed networking

Upstairs - The Pineapple Hotel

705 Main Street, Kangaroo Point

(Enter via Park Bar on Baine St)

The number of attendees is kept to 35 ensuring maximum benefit for all participants. The interactive and fun speed networking component means you'll walk away with 25—35 contacts too! Build your business and meet some wonderful like-minded women.

Each session will be an interactive, workshop- style format with a speed networking component. We want you to have fun and meet some inspiring ladies along the way. You'll leave with practical skills you can implement immediately into your work or business and a whole lot of new contacts too. Our aim is to maximise your learning and help grow your business!

To secure your spot go to:

www.brisbanewoman.com/upcoming-workshops and scroll down to the **Buy Now** button.

Phone Kylie for more information on 0407 276 759 or email kylie@brisbanewoman.com

This Event is proudly brought to you by Brisbane Woman and Results Coaching

