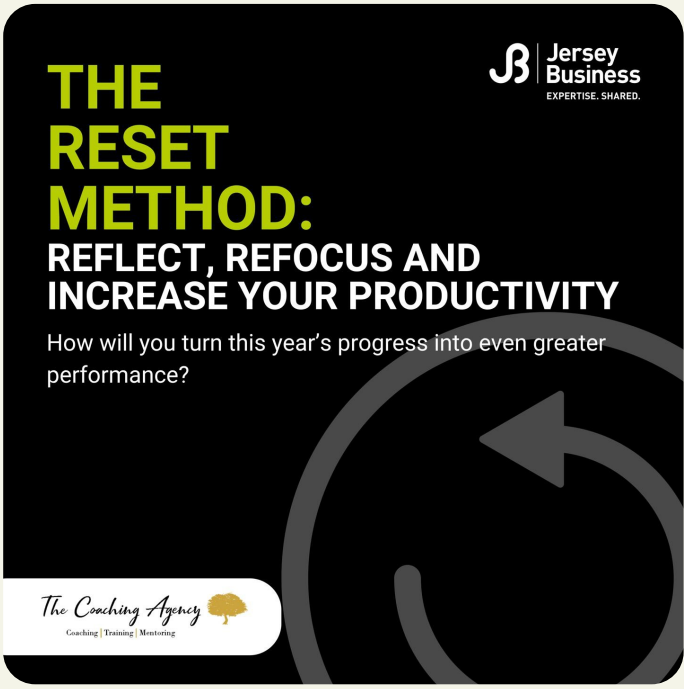
The Reset Method: Reflect, Refocus and Increase Productivity

9:30 - 12:30 | 23/10/2025 | BDO, Windward House La Route de la Liberation St Helier, JE1 1BG, Jersey | £35 per delegate

Book now →



Join us for The Reset Method: Reflect, Refocus and Increase Productivity

Book here

An enriching session focused on **Personal Development**

This interactive workshop is designed to support you in achieving your goals, managing yourself effectively, and navigating difficult conversations with confidence.

Key Areas of Focus

Achieving Your Goals – and What to Do If You're Not

- Learn strategies to set and achieve your personal and professional goals.
- Understand common obstacles that may hinder your progress and how to overcome them.

- Explore techniques to stay motivated and maintain momentum.
- Discover how to realign with your goals if you find yourself off track.

Self-Management

- Gain insights into effective self-management practices to enhance productivity and well-being.
- Learn how to prioritise tasks and manage your time efficiently.
- Explore methods to maintain a healthy work-life balance.
- Develop skills to regularly check in with yourself and reset your approach when needed.

Managing Difficult Conversations

- Understand the role of effective communication in handling challenging discussions.
- Learn techniques to approach difficult conversations with confidence and empathy.
- Discover strategies to resolve conflicts and strengthen relationships.
- Gain insights into maintaining composure and professionalism under pressure.

Session Highlights

Led by Sue, this session offers a practical framework for self-management and personal growth. You will learn:

- How to check in with yourself regularly to stay aligned with your goals.
- Techniques to reset the dial when things aren't going to plan.
- Practical tools to support a balanced, fulfilling life and enhance your personal development.

Whether you're looking to sharpen your focus, improve your self-management, or handle difficult conversations with greater ease, **The Reset Method: Reflect, Refocus and Increase Productivity** will equip you with valuable insights and actionable strategies to help you thrive.

We’d love to see you there!

Who's presenting?

Sue Pallot NMcDip, ACP

Founder - The Coaching Agency