

# 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

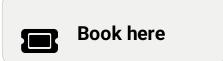
An enriching session focused on Personal Development

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 selfmanagement 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