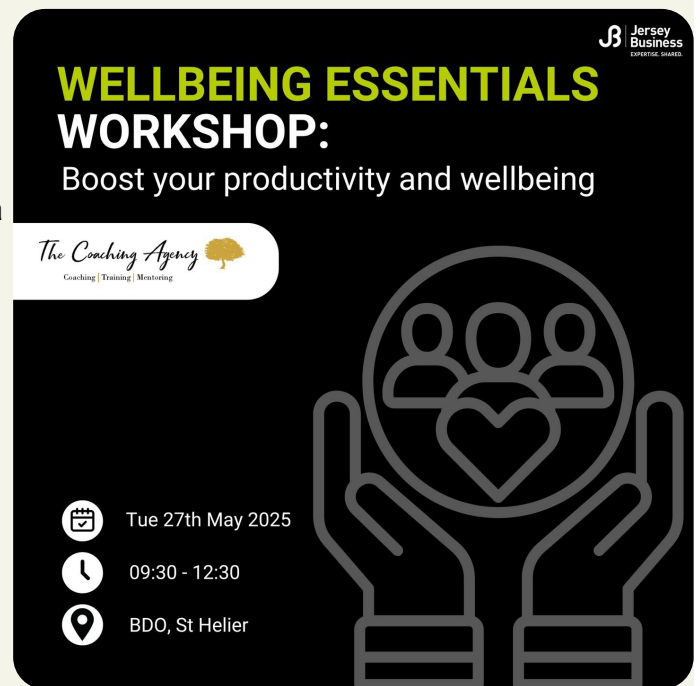


Wellbeing Essentials Workshop

9:30 - 12:30 | 27/05/2025 | BDO, Windward House La
Route de la Liberation St Helier, JE1 1BG, Jersey |
£35 per delegate

Book now →



The poster features the Jersey Business logo in the top right corner. The title 'WELLBEING ESSENTIALS WORKSHOP:' is in large, bold, yellow and white text. Below it, the subtitle 'Boost your productivity and wellbeing' is in white. The logo for 'The Coaching Agency' is in the center, with the tagline 'Coaching | Training | Mentoring' below it. On the right, there is a graphic of two hands holding a circle containing three stylized people and a heart. On the left, there are three icons: a calendar, a clock, and a location pin, each followed by text: 'Tue 27th May 2025', '09:30 - 12:30', and 'BDO, St Helier'.

**Join us for an engaging and insightful workshop,
where we dive into the essential topic of Productivity.**



Book here

This session is designed to help you manage your time more effectively, set meaningful goals, and prioritise your tasks to achieve a better work-life balance.

Key Topics Covered

- **Managing Your Time More Effectively:** Learn practical strategies to make the most of your time, reduce procrastination, and increase your efficiency.
- **How to Set SMART Goals:** Discover the power of SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and how they can help you stay focused and

motivated.

- 4 Steps to Prioritising Your To-Do List: Master a simple yet powerful four-step process to prioritise your tasks, ensuring you tackle the most important and urgent items first.

What You'll Gain

In this session, Sue will share a variety of tools and techniques to help you maximise your productivity. You'll learn how to:

- Identify and overcome obstacles that may be hindering your progress.
- Focus on your personal priorities and align them with your professional goals.
- Achieve a harmonious work-life balance by managing your time and tasks more effectively.

Whether you're looking to boost your productivity at work or in your personal life, this workshop will provide you with the insights and skills you need to succeed. Don't miss this opportunity to transform the way you approach your daily tasks and long-term goals

Join us!

Who's presenting?

Sue Pallot NMcDip, ACP

Founder - The Coaching Agency

Sue is a qualified and accredited Life Coach (PCD Dip) and workplace mentor with over 20 years of experience in the finance and regulatory industries. Passionate about relationships, wellbeing, and mental health, Sue leverages her extensive background to provide coaching, training, and mentoring to graduates and finance professionals. She specialises in personal development programs, helping individuals achieve their life goals, career success, and overall happiness.