Wellbeing Essentials Workshop

9:30 - 12:30 | 13/06/2025 | BDO, Windward House La Route de la Liberation St Helier, JE1 1BG, Jersey | £35 per delegate

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Join us for an engaging and insightful workshop, designed to help you manage your time more effectively, set meaningful goals, and prioritise your tasks to achieve a better work-life balance.

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Key Topics Covered

1. **Do you struggle to manage your time effectively?**

You'll learn:

- Practical strategies to make the most of your time
- Techniques to reduce procrastination
- Ways to boost your daily efficiency

2. **Are your goals helping you stay focused and motivated?**

You'll learn:

- How to set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound)
- Why SMART goals increase clarity and commitment
- How to align goals with personal and professional priorities

3. **Do you know which tasks on your to-do list matter most?**

You'll learn:

- A simple four-step method to prioritise tasks
- How to identify what's urgent vs. important
- How to stay on top of deadlines without feeling overwhelmed

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.

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.