



Cut the Procrastination and Win Workshop

It's easy to measure success in sport – you either win or you lose. But in the workplace, is success simply achieving a target or is it to blow it out of the water?

If you think it's the latter, then Ian Rose's 'Cut the Procrastination and Win' workshop is for you.

Helping you to create a **culture of high achievers**, Ian imparts his Olympic techniques on how to approach and achieve goals, and keep **motivated** throughout.

Known for his **personable and engaging** workshops, Ian will train your teams in the skills needed to **keep focused** during tough times, helping employees to develop **winning mindsets**.

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What to Expect in the Workshop

➤ The gap between feeling inspired and turning that feeling into action is sometimes a difficult one to fill. Procrastination, self-talk, not knowing where to start, and lack of time are just a few things that can get in the way.

What's needed are some new methods that will increase your employees' attention. And that's just what this workshop does.

➤ A sharp focus helps to keep your eyes on the prize – the end goal – as you work towards achieving your business objectives. So this workshop **empowers employees** with new levels of focus that, by definition, automatically improves their productivity. And developing a sharper focus helps strengthen resilience, too.

➤ Ian will guide your employees through his tried and tested techniques for getting the job done, providing them with **valuable skills** that should remain with them throughout their careers (refresher courses are always advised).

In this workshop your employees will:

- Become aware of the differences between Inspiration and Motivation
- Learn techniques to create action from inspiration
- Recognise how to cut out the procrastination
- Be shown the right way to approach a Goal or Target
- Learn what to do when your inspired and creative side gets up and walks away



To discuss how the **Cut the Procrastination and Win Workshop** will help your teams and other employees to be more productive and focused, call or email Ian.