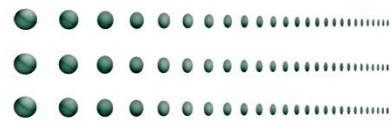




RT0 provider code: 60034

Business Skills
IT Solutions
Qualifications



Time Management

National Competency Standard (BSB):

[BSBWOR202 Organise and complete daily work activities](#)

[BSBWOR301 Organise personal work priorities and development](#)

[BSBWOR404 Develop work priorities](#)

[BSBWOR501 Manage work priorities and professional development](#)

Course Objectives

This course teaches practical techniques for managing personal and work time.

Duration

1 Day

Course Outcomes

1. Identify the benefits of time management.
2. Evaluate productivity, identify goals and set priorities.
3. Develop time management plans.
4. Create daily plans and recognise obstacles.
5. Use technology to save time
6. Increase productivity by controlling interruptions and meetings
7. Recognise factors that adversely affect productivity.

Optional Assessment

This is a nationally recognised training program. Participants who successfully complete the optional assessment component of this course will receive a Statement of Attainment for the unit(s) of competency outlined above (additional fee applies – please enquire when you book). Exercises completed during the course will be used as evidence towards unit competency. Participants who choose not to be assessed will receive a Certificate of Attendance.

Time Management

Course Content

Workshop overview

- What is time management?
- The benefits of time management
- Workshop content

Where are you going? Goal setting

- Establishing goals
- Goals and objectives
- The importance of goals in time management
- Aligning goals with your employer's goals
- Characteristics of effective goals and objectives

Where are you starting from?

- Conducting a time audit
- Achieving goals
- Identifying the 'time thieves'
- Personalities and time management
- Procrastination
- Can't say No
- Perpetually late
- Perfectionist
- Easily distracted
- 'Do it all'
- Poor communicator
- Time management and stress

Clearing the decks

- The skills and tools required for successful time management
- Technology and time management
- How to avoid technology wasting time
- How technology can save time
- Computing and communication tools
- Information management and Microsoft Outlook
- Delete, Do, Delegate, Defer
- Paper handling tools
- Entropy and how to combat it
- Summary

Developing time management plans

- Time management basics
- Establish priorities
- Distinguish between urgent and important
- Use the Pareto principle
- Do one thing at a time
- Work smart
- Write things down
- Planning for different time periods
- Planning your day with a 'To do' list
- Planning your month
- Planning your year
- Planning for the telephone
- Planning for e-mails
- Planning for delegation
- Planning for meetings

Course summary