Advanced Time Management

15 – 19 March 2027
Toronto (Canada)



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Introduction

Effective time management is essential for professionals who are required to manage multiple priorities, demanding workloads, tight deadlines, and competing responsibilities. This advanced course provides participants with practical strategies and structured techniques to optimize their time, improve productivity, and achieve better results.

The course goes beyond basic time-management principles and focuses on advanced prioritization, strategic planning, workload management, deadline control, digital productivity, automation, focus, and overcoming procrastination. Through practical applications and workplace-based case studies, participants will develop a sustainable personal productivity system that can be applied directly in their professional environment.

Course Objectives

By the end of this course, participants will be able to:

- Apply advanced time-management and prioritization techniques.
- Distinguish between urgent and important tasks and allocate time effectively.
- Develop short-, medium-, and long-term planning strategies.
- Manage competing priorities, workloads, and tight deadlines.
- Improve delegation, decision-making, and workload distribution.
- Identify and overcome procrastination and workplace distractions.
- Use digital tools, scheduling systems, and automation to improve productivity.
- Apply time-tracking and productivity measurement techniques.
- Improve focus, concentration, and work efficiency.
- Develop a sustainable personal productivity and time-management system.

Course Outline

Day 1: Advanced Time Management & Productivity Principles



1. Understanding Advanced Time Management Challenges
2. Time as a Strategic Resource
3. Identifying Time-Wasting Activities and Productivity Gaps
4. Setting SMART Objectives and Productivity Targets
5. Managing Energy, Attention, and Focus
6. **Case Study:** Diagnosing and Restructuring an Inefficient Workday

Day 2: Advanced Prioritization & Workload Management

1. Advanced Prioritization Techniques
2. The Eisenhower Matrix: Urgent vs. Important
3. Managing Multiple Priorities and Competing Demands
4. Delegation and Workload Distribution
5. Decision-Making Under Time Pressure
6. **Case Study:** Managing a High-Pressure Workload with Conflicting Priorities

Day 3: Strategic Planning, Scheduling & Deadlines

1. Short-, Medium-, and Long-Term Planning
2. Converting Objectives into Actionable Schedules
3. Advanced Scheduling Techniques
4. Managing Tight Deadlines and Competing Commitments
5. Buffer Time and Contingency Planning
6. **Case Study:** Developing a Strategic Time Plan for a Complex Project

Day 4: Technology, Automation & Digital Productivity

1. Digital Tools for Time and Task Management
2. Calendar and Scheduling Optimization
3. Task Management and Time-Tracking Systems
4. Automation of Repetitive Activities
5. Managing Digital Communication and Distractions
6. **Case Study:** Designing a Technology-Supported Productivity System

Day 5: Focus, Procrastination & Sustainable Productivity

1. Understanding and Overcoming Procrastination
2. Managing Distractions and Improving Concentration
3. Deep-Work and Focused-Work Techniques
4. Productivity Measurement and Personal KPIs
5. Building a Sustainable Long-Term Productivity System
6. **Case Study:** Building a Complete Personal Time-Management and Productivity Plan



Why Attend? — Wins & Losses

Wins

- Gain greater control over workload and priorities.
- Improve planning, scheduling, and deadline management.
- Increase productivity and workplace efficiency.
- Reduce procrastination, distractions, and time waste.
- Make better decisions under time pressure.
- Use technology and automation to optimize work processes.
- Develop a practical and sustainable personal productivity system.

Losses

- Poorly managed priorities and workloads.
- Missed deadlines and unnecessary time pressure.
- Excessive interruptions and workplace distractions.
- Inefficient scheduling and task management.
- Repetitive activities consuming valuable working time.
- Procrastination and reactive working habits.
- Reduced productivity and work efficiency.

Conclusion

By completing this course, participants will have a comprehensive and practical approach to managing their time, priorities, workload, deadlines, and productivity. They will be equipped with advanced techniques for planning, prioritization, delegation, digital productivity, focus, and continuous improvement.

The combination of practical techniques and workplace-based case studies enables participants to translate the concepts learned during the course into effective daily working practices and build a sustainable approach to professional productivity.

FAQ

1. Is this course suitable for experienced professionals?

Yes. The course is designed for professionals who already have basic time-management knowledge and want to develop more advanced approaches to productivity, prioritization, workload, and deadline management.

2. Does the course include practical applications?



Yes. Each training day includes a dedicated case study based on realistic workplace situations, allowing participants to apply the techniques covered during the session.

3. Will the course cover digital productivity tools?

Yes. Participants will explore digital approaches to task management, scheduling, time tracking, communication, and automation.

4. Does the course address procrastination and workplace distractions?

Yes. The course covers practical techniques for overcoming procrastination, improving concentration, managing interruptions, and maintaining focus.

5. Can the course be customized to the participants' needs?

Yes. The content can be adapted to the participants' professional roles, responsibilities, organizational environment, and specific time-management challenges.

