The Myth of Time Management

Eileen Russo and Colena Sesanker
On a scale of 1-10:

- How excited are you to get to work in the morning?
- How much do you enjoy what you do for its own sake rather than what it gets you?
- How accountable do you hold yourself to a deeply held set of values?
Worksheet
Why this Workshop?

• 30 hours into 24?

• Pushing = efficiency?

• The value of multi-tasking?
https://www.youtube.com/watch?v=smrMWv5rcCo
• Four sources of energy:
  • Physical - determines quantity of our energy
    • low/high volume
  • Emotional - determines its quality
    • pleasant/unpleasant
  • Mental focus - broad/narrow
    • internal/external
  • Spiritual force - internal/external
    • negative/positive
Breathe
Helpful Blogs by Tony Schwartz

• Addicted to Distraction
• Your Strengths Overused are Liabilities
• Relax! You’ll be More Productive
• The Magic of Doing One Thing at a Time

www.theenergyproject.com