

Get it done! How to STOP Procrastination.

with
Justine Martin
the Queen of Resilience



A workbook will be supplied to each participant in the workshop.

- Workshops are conducted in-person at your venue.
- Workshops can be conducted virtually.

Please enquire:

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Half Day
SESSION

1. Introduction by Justine Martin

- a. Welcome and overview of the workshop.

2. Understanding: What Procrastination is?

- a. Definition and causes of procrastination.
- b. How procrastination affects your productivity and mental health.

3. Identifying Procrastination Triggers;

- a. What are common triggers of procrastinating?
- b. What self-awareness exercises can we do to identify triggers?

4. Overcoming Procrastination!

- a. What are techniques for overcoming procrastination?
- b. Prioritising and time management strategies to do daily.
- c. Goal-setting, task-lists and accountability systems are essential to ... Get it Done!

5. Maintaining Progress;

- a. What are strategies for maintaining motivation, focus and keeping you on track?
- b. How to cope with setbacks and celebrating progress.
- c. Developing a growth and resilient mindset.

6. Q&A session.

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