

Feed your potential



core time

In today's global market, we are all expected to facilitate greater output with ever shrinking resources: increase sales; respond to clients faster; add more value; and launch more products. Add to this a desire to balance work and personal life, and it's easy to see how stress can form.

It is the small things, done consistently well, which enable individuals to achieve their goals. By inspiring behavioural change, this program empowers individuals to enhance their daily output, by focusing on their high payoff tasks, and reducing their amount of reactive time. The program includes discussion, exercises and brainstorming sessions to help individuals create new solutions to old problems. Also, included are all the tools, to work more effectively. Modules can include:

- Being pro-active
- Defining priorities
- Eliminating time thieves
- Planning the day / week
- Delegating projects
- Saying no
- Balancing work and life
- Project management
- Effective meetings
- Managing expectations
- Time saving communication
- Using email properly
- Focusing the mind
- Best practice time tools

Each Core Practice is an experiential group workshop, tailored to directly align with your business culture & needs. They're effective separately, and can be combined to create long-term programs. The practices include:

Core Time	Core Strategy
Core Coaching	Core Projects
Core Behaviour	Core Teams
Core Change	Core Wellbeing
Core Service	Core Leadership
Core Negotiation	Core Communication



To find out more, visit www.soup.com.au, call Nick Freedman on (+61)2 9940 3468, or send us as email via info@soup.com.au.