



Becoming More Productive and Satisfied at Work

Description

In this e-learning course, you will learn how you can work more productively and with less stress. It's not about working faster and harder to boost output. Instead, you can employ easy-to-learn methods to structure your day efficiently and be more relaxed in achieving your goals. You will learn how to get into the flow and become absorbed in your work. We will show you what your biorhythm has to do with your productivity and how you can plan your day so that you work harmoniously with your internal clock. After all, people who work efficiently, with less stress, not only perform better but are also more relaxed and satisfied on the job.

Target Audience

Managers and employees who want to improve their productivity

Learning Objectives

- Learning how to plan the working day effectively in just a few minutes
- Discovering how to work more productively with less stress
- Finding out how to clear your mind for the things that are really important
- Owl or lark: Finding out what influence our internal clock has on our performance
- Finding out what a "flow state" is, when the "flow state" sets in, and what sets it in motion
- Learning how to succeed in attaining higher and lasting job satisfaction