The Trap of Procrastination: How to reduce it with Mindfulness

Host: Anja Troje, embedded SGS counsellor

Everybody procrastinates, but it is time to take action when that behaviour eats up most of your day. In this workshop we go into the deep works of procrastination, why it is so irresistible and even physiologically useful, and how one can shrink it back to a more tolerable size and regain control over their working hours.

Five Key Take-aways:

- The underlying causes for procrastination
- The purpose of procrastination behaviour
- Understanding and learning the emotional language of procrastination
- Using mindfulness approaches to find a more satisfying and effective work style