



Chunk!

Time Blocking

Overview:

Are you forever multitasking, switching from one thing to another, wondering if it's the ideal way to operate in your work and life?

In this session we investigate Time Blocking why and how it can bring us multiple benefits.

Duration: 45 Minutes

Session Content:

- The Pomodoro Technique – Become the boss of you
- $(10+2) \times 5$ = How to get things started
- Deep Work
- Reprogramming your own brain
- Getting mundane stuff done



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