



Stress Less with Checklists

Overview:

Are you always or occasionally forgetting to do things? Repeatedly trying to remember and recall things from your head and failing miserably?

In this increasingly fast paced life we've forgotten about the humble Checklist. A friend we can rely on, again and again. Resulting in nothing falling through the cracks, and getting things right.

In this fun session we'll explore the power of checklists, and see how something sounding so mundane can actually be magical.

Duration: 45 Minutes

Session Content:

- Life without Checklists
- Are we constantly reinventing the wheel?
- Creating clarity to avoid mistakes
- Making the right decisions in the heat of battle
- A variety of menus to choose things from in the moment



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