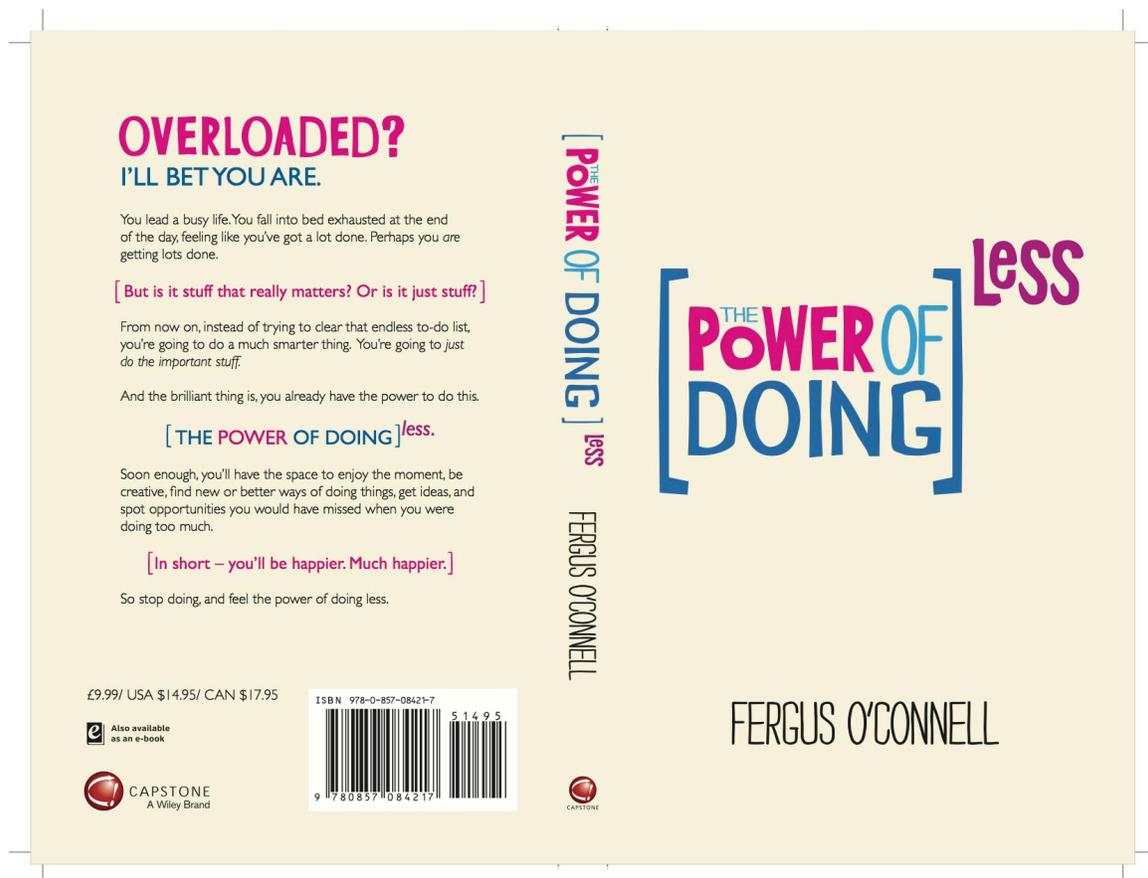


The Power of Doing Less - Online Course

You've tried Time Management courses in the past but they've had no long lasting effect and caused no permanent behaviour change.

Then you're ready for this course.



The course is based on my book, ***The Power of Doing Less: Why Time Management Courses Don't Work and How to Spend Your Precious Life on the Things That Really Matter***

http://www.amazon.co.uk/The-Power-Doing-Less-Valuable/dp/0857084216/ref=sr_1_1?ie=UTF8&qid=1357726280&sr=8-1.

The course consists of ten modules delivered by email over ten weeks. Copies of the book can also be provided.

The course would be good for anyone who felt that any of the following applied to them:

- You don't have a work / life balance
- You never seem to have enough time whether in work or in your personal life
- You don't feel you're getting to spend enough (or any) time on the things that really matter to you in life
- You feel that work is squeezing out your life – that life is passing you by
- And finally – that you have no choice in these matters.

You may have tried other time management courses or read time management books in the past. You may have found that they seemed to work for a while but then – as almost everybody says – 'I fell back into my old ways'. Early on, our course will show why this was bound to happen with these conventional time management approaches.

This is what one recent participant said about this course just three weeks into it:

"Thank you for this. It has been immensely useful for me to be reminded to respect myself and my precious time. I had let things slip to the point where I was working from 9:00am until 1:00am routinely and most weekends. I've been on this treadmill for the past three years. I've now clawed this back to 9:00am to 6:00pm and stopped the weekends altogether. Funny how the world didn't end. Thank you for reminding me of what is important!"
- John Sheridan, CEO, JSSL, Ireland

And again:

"Enjoying it, learning and experimenting as I go, and particularly love the pace and delivery mechanism. It means I can engage with it whenever I want and for as long as I want while not falling behind.....far more useful than instructor lead 1 day course!!"
- Bernard Brady, Telecom multinational, Ireland

And again:

“For the person who has been applying time management techniques for many years, is efficient and has their priorities all lined up, and yet is still overloaded, this course is just what you need. The word 'excellent' is not strong enough. It has made a significant difference to my work life, which is still very effective, and I now get more quality time with my wife and daughter.”

- Steve Lucas, Manager Supply Chain & Production,
Forensic Technology, Canada

And one more:

"The course shines a light on personal and company behaviours; which falsely encourage the belief that you can somehow manage an ever increasing workload in less and less available time by just working 'smarter'.

The practical tools that Fergus has provided give a welcome sanity check and lead to a refreshing focus on priorities and meaningful tasks.

Overall this has enabled me to take back control over my work load and prevent erosion into my personal time."

- Petrina Ferriss
Warner Chilcott, UK

Given the importance of the subject – how you spend your precious life - we want to offer this to as many people as possible and here's how it will work:

- You send us the email addresses of the people you want to do the course.
- Then, every week, we will email the course attendees a piece of the course – a PDF file for them to read and absorb
- The PDF will contain at least one exercise / challenge that they must carry out. (There's no homework to be returned – the challenges are for the course participants themselves.)
- If they DO all the exercises / tests then, by the time the course ends (It's ten weeks), they should have SOLVED the problems above.

And if you're wondering how much time you would spend doing the exercises / challenges, then we don't mean this to sound weird but the exercises mainly involve *not* doing things. Turning things down, declining

things.

The basic idea with the book and the course is the following:

- We all have far more to do than we'll ever have time to do it
- So it's stupid to try to get everything done – we'll never succeed, not if we had several lifetimes
- This is where most time management courses go wrong – they try to enable us to do more stuff
- Instead of doing more stuff, we should get used to the idea that some things will *never* be done. Not delayed. Not rescheduled. But dropped, ditched, jettisoned.
- Instead of doing more stuff, we need to focus on the things that really really matter.

Hence the not doing things.

PRICING

The course is priced at:

- € 49 / \$ 65 / £ 42 per attendee, or
- € 61 / \$ 81 / £ 52, which includes a signed copy of ***The Power of Doing Less***

---o0o---