Effective Personal Productivity: Mastering Time and Tasks

30 November – 4 December 2026
Lyon (France)



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Why This Course

In today's fast-paced work environment, professionals are expected to manage increasing workloads, meet tight deadlines, and maintain high levels of performance. Without effective productivity strategies, it becomes easy to feel overwhelmed and lose focus on what truly matters.

This intensive 1-week program provides practical techniques and proven frameworks to help participants significantly improve their personal productivity. Through a combination of modern time management strategies, goal-setting tools, and focus techniques, participants will learn how to work smarter, manage priorities effectively, and create a personalized productivity system that supports both professional and personal success.

What You'll Learn and Practice

By participating in this program, you will:

- Develop practical time management strategies to improve daily productivity.
- Apply structured goal-setting methods for both short-term and long-term success.
- Prioritize tasks effectively to manage workload and responsibilities.
- Strengthen focus and reduce workplace distractions.
- Improve decision-making skills that support efficiency and performance.
- Design a personalized productivity system tailored to your individual work style.

The Program Flow

Day 1: Foundations of Personal Productivity

- Understanding the key principles of productivity and performance.
- Assessing current work habits and productivity levels.
- Identifying common obstacles that reduce efficiency.
- Introduction to core time management techniques.

Day 2: Effective Time Management

- Tracking and analyzing how time is currently used.
- Applying time-blocking strategies for structured workdays.
- Managing email and digital communication more efficiently.
- Handling interruptions and minimizing distractions.



Day 3: Goal Setting and Prioritization

- Setting clear and measurable SMART goals.
- Aligning daily tasks with long-term objectives.
- Using prioritization frameworks such as the Eisenhower Matrix.
- Creating structured to-do lists and actionable work plans.

Day 4: Enhancing Focus and Decision-Making

- Techniques for improving concentration and mental clarity.
- Overcoming procrastination and maintaining momentum.
- Applying effective decision-making strategies.
- Managing energy levels to maintain consistent productivity.

Day 5: Building Your Personalized Productivity System

- Integrating productivity techniques into a practical workflow.
- Using digital tools and technology to enhance productivity.
- Developing positive habits and structured routines.
- Creating a long-term action plan for continued improvement.

Individual Impact

- Gain greater control over time, tasks, and responsibilities.
- Improve focus, decision-making, and daily productivity.
- Reduce stress through better workload management.
- Build a sustainable productivity system tailored to personal work habits.

Work Impact

- Increase efficiency and effectiveness in daily tasks.
- Improve goal achievement through better planning and prioritization.
- Enhance communication and task coordination within teams.
- Contribute to a more productive and organized work environment.

Training Methodology

The program combines practical learning with interactive activities to ensure immediate application. Learning methods include:

- Interactive workshops and productivity exercises.
- Self-assessments and time management diagnostics.
- Real-life case examples and scenario discussions.
- Group discussions and peer learning.
- Practical tools, templates, and productivity frameworks.



Beyond the Course

By the end of the program, participants will be able to:

- Manage time and priorities with greater efficiency and clarity.
- Apply proven productivity strategies in both professional and personal contexts.
- Maintain focus and minimize distractions in demanding environments.
- Continue improving productivity through structured habits and systems.

