

140
YEARS OF
CONFERENCE
HISTORY



2021 CTSI SYMPOSIUM

CTSI partnered with Nick Looby

Date: Tuesday 28 September 2021, 12:10 PM

Time and Attention Management - working with our mental health in mind

Speakers: Nick Looby

The Attention Currency – do you know your fluctuating values?

Distractions – invisible time hoovers and how to hit the off switch.

Will Do and Stop Doing Lists – why your to-do list is walking you towards burn out.

Avoid Crunching and Start Lunching – why a proper break pays massive dividends.

During the talk we can explore some incredibly powerful techniques for mastering attention and why these are an essential component in a world where everything is a priority.

Using TS specific context and examples we'll enable our audience to tread a more manageable and healthier path.

Ticketing: <https://www.eventbrite.co.uk/e/time-and-attention-management-working-with-our-mental-health-in-mind-tickets-173515488497>

CPPD: 45 minutes