

Assess, Address, Achieve!

Stress and Time Management

When measuring stress levels against productivity there is a definite area of optimum performance.

It is necessary for us to have **a certain amount of stress** to ensure that we are **sufficiently stimulated**, which in turn is correlated to some level of motivation. [Stress and time availability](#) are also normally strongly linked.

In the working environment and with today's pressure to make sometimes nearly impossible targets and deadlines, [stress and time management](#) has become imperative.

Conversely we have also all heard of **Parkinson's Third Law** where the amount of time it takes to complete a task expands in direct proportion with the amount of time available until the deadline of such task.

Essentially the more we have to complete, the more we manage to complete, up to a point. Thereafter **the stress levels become too high** and we are incapacitated.

[Time and stress management training](#) helps us to **understand and manage** concepts like those mentioned above.

What we have learned is that for humans to operate in the optimum efficiency zone a **good balance is needed** and to obtain this balance we need to **plan and manage our lives accordingly**. Now for years I resisted time management training as I did not want to live my life by a rigid and structured set of rules.

It was only when I learnt that there is one simple rule to live by and that I set the rule to begin with, that [time management/self-management](#) became a cinch and that I realised that stress is for those who don't get time for golf!

Do yourselves a favour and **attend this workshop**, in fact do as so many of our clients have and send entire departments on this training. Then, in your free time, **sit back and observe your progress**.

