90 Minute Leadership

OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our “90 Minute” leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

“Work an 8 hour day in 5!”

Modern work, organisations and technology often mean we are working against our brain’s natural tendencies. Working in harmony with our brain’s key functions allows us to be more productive, resilient and less stressed. Cognitive management of our brain’s resources is more important than time management of our day. By using insights from psychology and the neuroscience of leadership you will:

- Learn how your brain functions
- Maximize your brain’s outputs
- Learn about assessing and training your brain for optimal function
- Organize your tasks and day in a brain friendly way

This 90-minute workshop offers practical tools to work smarter not harder. You will leave with the ability to apply research based techniques to your tasks and your day which will allow you to achieve 8 hours productivity in 5 hours!

Speaker: Dr Terri Hunter, Brainlink Group

Date: Thursday 30th August 2018

Time: 8:00am for 08:30am start - 10.00am finish

Venue: Teaching and Learning Centre, Queen Elizabeth University Hospital Campus

Room available from 8.00am

If you would like to attend, please complete the registration form and return to Lisa.donnelly@ggc.scot.nhs.uk by 17th August