



Self and Time Management



- Stop procrastination: multitasking & focusing attention
- Time management: prioritize & schedule
- Personal leadership & stress management

Where	Room	When	Hour
Jacobs University Bremen, South Hall	Seminar Room East	May, 28 th 2018	10h00 to 16h00 with lunch break
Deadline to register: May, 21 st 2018			
Instructor: Nadine Binder (BIGSSS)			

We'll use some tools online: bring your laptop or mobile device ;-)

Open Event, Join us!

For **info** and **registration**: Rocco Paolillo (rpaolillo@bigsss-bremen.de)

