

Time Management

One of the most crucial and effective parts of an individual's adult life is being able to manage what they must deal with daily. For adults to understand how to balance their time they must understand health and wellbeing in their personal life. Sharing time between family life, work, and personal care is the foundation for a healthy life and focus. Participants learn how to clearly layout a strategic plan to accomplish and prioritize tasks for their family's success in life. The Time Management program gives guidance for people to know when to stop, accept and disregard projects, tasks and events impacting and derailing schedules and personal times in their families. Participants create projects based on current life situations and lay out a plan helping develop skills

in time management for life. Anywhere from being a student-parent, employee, a parent, entrepreneur, athlete, and a human being. The Time Management program helps give a solid foundation as well as clear guidance on how to manage all the tasks in each area of the participants lives.

