



@ASK Training
Attitude | Skills | Knowledge

Conquer Procrastination by Adopting Aikido Principles

Course Code:

ASKCPA

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$600 (\$654 Inc. 9% GST) per participant

Course Venue:

Hotel

Course Dates:

<https://asktraining.com.sg/course-schedule/>



Course Synopsis

Remember the last time you put something on hold?

What is it? By that action, did you miss an important deadline at work?

Did you jeopardize yourself from achieving a goal that you've always wanted? Or, perhaps, put a personal aspiration on hold for the longest time ever?

You're not alone! Every day, people procrastinate in different areas of their lives. These actions cause damages. Stop here.

Using the Japanese martial art principles of Aikido, learn and apply techniques to eliminate procrastination and become natural at doing anything you want, every time.

Course Objectives

By the end of this course, you will be able to apply the knowledge and techniques learnt to:

- Understand what is procrastination?
- What causes procrastination?
- Uncover the reasons and roots to your procrastination
- Address your fear factors
- Learn anti-procrastination busters
- Develop future proof anti procrastination habits

Course Outline

- Understanding the FACTS about your procrastination
- What do you stand to lose when you procrastinate?
- How to get out of the procrastination vicious cycle
- Applying Aikido principles of harmonizing and achievement
- Addressing your fear using the IPID model
- Build and cultivate lasting new habits