



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Time Management and Techniques for Successful Planning

We gladly invite you to a training session that will help you better organise and value your time, set and achieve goals, and increase productivity in your studies and personal life. Together we will identify the “main time eaters” and strategies for overcoming procrastination. Participants will try to use popular methods and techniques of planning, both classical and digital tools.

Lector: [Kateryna Hordiienko](#)

Date: April 19, from 2 PM to 4 PM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 30 persons

Registration: under the QR code or on the Welcome Office website
www.upol.cz/welcome-office

