



WEDNESDAY 16<sup>TH</sup> JANUARY 2019 09:45-1700

LEICESTER HILTON, JUNCTION 21 APPROACH, LEICESTER LE19 1WQ

# PRODUCTIVITY RETREAT

**A full day of protected productivity designed especially for people who want to get things done but find that life or work gets in the way of progress.**

Specifically targeted at Out of Programme (OOP) East Midlands Trainee doctors who need to complete research, projects or a qualification as part of their role but struggle with procrastination and staying focused.

Identify performance gremlins and how you can harness their power to propel your productivity forward

Join Dr Katy R Mahoney, expert performance and development coach, at our productivity retreat in Leicester. Make a positive step towards completing that important job that never gets priority.

Delegates will be spending at least 4 hours of the workshop dedicated to their own work so please bring your laptops, files and paperwork needed with you on the day.

All refreshments and a buffet lunch will be provided.

Book via Intrepid Course Manager at:

<https://secure.intrepidonline.co.uk/CourseManager/EMD/>

The course is free to East Midlands Trainees.

Your place includes an optional follow up coaching appointment with Dr Mahoney.

Brought to you by the East Midlands Supported Return to Training (**SupportTT**) Team.