

EMPOWERING YOUR TIME

OCTOBER 17, 2025
9:00-11:00 A.M.

ECHI (Conference Rooms A-D)

***Breakfast served: 8:00-9:00 A.M.**

Too often we are busy without being productive. Our days are full without being fulfilling. We have too much on our plates and not enough time for the things that matter most. Managing your time is not just something you do, it's how you do everything in your life. When we think about time management, often things like task apps, calendars, and scheduling programs come to mind. However, good time management requires a much deeper understanding of our own minds. The reasons you procrastinate or avoid certain tasks go much deeper than just needing another app on your phone. In this session, Dr. Shenvi will use concepts that range from Stoic philosophy to modern educational psychology literature to explain why we avoid certain tasks and will give practical strategies to help you manage your time better with less stress.

GOAL OF SESSION:

At the end of this session, participants should feel more empowered, confident, and optimistic about managing their time in a value-based way.

LEARNING OBJECTIVES:

After participating, you will be better equipped to:

1. Decide intentionally what is most important for you.
2. Plan your work with deep and shallow frameworks.
3. Overcome negative emotions that lead to procrastination.

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PRESENTED BY:

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