



*Training Course:  
Effective Time, Task & Work Planning*

*12 - 16 October 2025*

*Dubai (UAE)*

*Residence Inn by Marriott Sheikh Zayed Road, Dubai*

## Training Course: Effective Time, Task & Work Planning

Training Course code: PS236135 From: 12 - 16 October 2025 Venue: Dubai (UAE) - Residence Inn by Marriott Sheikh Zayed Road, Dubai Training Course Fees: 4500 € Euro

### Introduction

With the accelerating change of the twenty-first century, time management skills are at the top of the personal development tool kit. Know where you're going? What do you want from work and life? Concerned how time slips through your fingers and another day, week, month, a year goes by without achieving all you wanted?

This seminar will help you assess your present situation, in terms of work and personal life. It will enable you to manage yourself more effectively within your own time constraints and show you how to better organize and priorities your work/life tasks.

### Objectives

- Explain why managing time really matters to our work and health, in our changing world
- Identify task that should be completed in relation to their key objectives, be managed away.
- Analyze situations that hinder their performance and identify techniques to overcome them.
- Use simple frameworks for planning, including allocating and managing priorities, scheduling work, working proactively and reactively and project planning.
- Set, monitor and measure the success of objectives.
- Analyze your own strengths and development needs and prepare a personal development plan for the next twelve months.

### Delegates

- Team Leaders / Supervisors
- Professionals
- Administration Executives
- Salespeople

### Process

The seminar is based on a combination of interactive activities - group and individual exercises, case studies, role plays and discussions - along with formal inputs.

# *The environment will be*

encouraged to share the approaches they currently use as well as try out new ones that they encounter on the course. The course Tutor will be on hand to answer any questions a delegate may have and to act as a facilitator for building and applying new approaches.

We aim for this to be an enjoyable as well as a learning experience and feel that the mix of style and learning techniques will prove valuable to those that attend.

## Benefits

Attendance at the program will result in individuals being exposed to a wide range of interpersonal and organizational techniques required to operate effectively in their roles. They will be able to identify and implement techniques to manage themselves more effectively under the constraints of today's busy lifestyles.

Delegates will be introduced to different techniques and approaches for operating effectively within the role. They will be coached on techniques that suit them as individuals and will have practiced such techniques with a view to applying them effectively in the workplace.

## Results

Staff attending this event will appreciate the range of skills and competencies required to fulfill their tasks on a daily basis. These skills will develop a more efficient and motivated workforce enabling increased outputs and productivity in any area of the business.

- How to assess where time is going
- How to set and manage priorities
- How to use a variety of time tools effectively
- How and when to delegate
- How to manage pressure effectively
- How to analyze personal strengths and development needs

## Outlines

### Day 1: Our changing world - personal assessment

- What do I hope to achieve?
- How will I achieve it?
- What has changed in work and life?
- What other changes can we expect?
- How do we manage this?

- What are the implications for me and for others?
- Balancing life and work

#### Day 2: Why time matters and how your use of time affects others

- How am I using my time?
- What are my time wasters?
- Time logging
- Why do I put things off?
- Ways that other people use time
- Timelines - how do I view time?
- How does my use of time affect others?

#### Day 3: Work planning and project management

- Work management methods diagnostic
- Pressures on work plans - time, quality, cost
- The planning process
- Planning work in progress
- Analyzing and managing risk
- Contingency planning
- Problem-solving techniques

#### Day 4: Practical techniques for managing time wasters

- Managing paperwork, real and virtual
- Managing travel
- Managing meetings
- Making the best use of the phone.
- Using the diary - the key time management tool.
- Managing Interruptions

#### Day 5: Making it all work

- Work planning practical
- Debrief
- Testing your plan
- Analyzing your strengths and needs
- Developing your personal development plan

## Registration form on the Training Course: Effective Time, Task & Work Planning

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Sheikh Zayed Road, Dubai **Training Course Fees:** 4500 € Euro

Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
Position: .....  
Telephone / Mobile: .....  
Personal E-Mail: .....  
Official E-Mail: .....

### Company Information

Company Name: .....  
Address: .....  
City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
Position: .....  
Telephone / Mobile: .....  
Personal E-Mail: .....  
Official E-Mail: .....

### Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
- ☐ Please invoice me
- ☐ Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
booking form with cheque  
to: Global Horizon  
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Giza, Giza Governorate,  
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