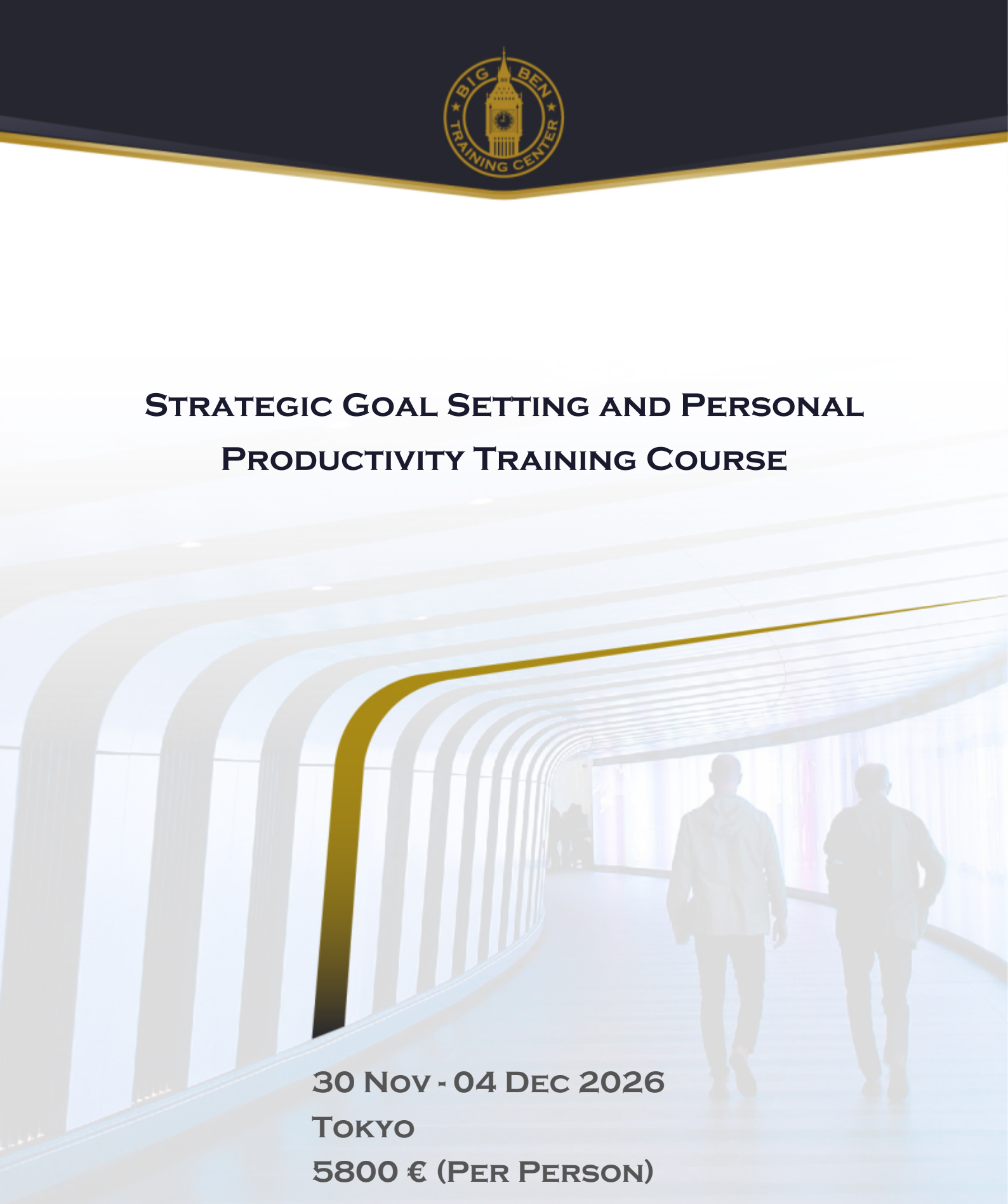
Strategic Goal Setting and Personal Productivity Training Course



30 Nov - 04 Dec 2026

Tokyo

5800 € (Per Person)

Ref: #IS3451_162680

Course Introduction / Overview:

In today's fast-paced professional landscape, the ability to manage time, set clear objectives, and maintain focus is no longer a soft skill but a critical driver of success. This course is meticulously designed to transform your approach to personal and professional effectiveness. We move beyond generic tips to provide a structured framework for achieving peak performance and sustainable productivity. Drawing upon foundational principles from thought leaders like Stephen R. Covey, author of the acclaimed book "The 7 Habits of Highly Effective People," this program integrates proven methodologies with modern psychological insights. Participants will learn to diagnose their productivity challenges, design a personalized workflow optimization system, and master the art of strategic goal setting. At BIG BEN Training Center, we believe that true productivity is not about doing more, but about doing what matters most, with clarity and intention. This training course provides the tools, strategies, and mindset shifts necessary to eliminate distractions, overcome procrastination, and align daily actions with long-term aspirations, ensuring you can thrive in any demanding environment and consistently achieve your most important goals.

Target Audience / This training course is suitable for:

- Professionals at all levels seeking to enhance their personal effectiveness.
- Team leaders and department managers.
- Project managers and coordinators.
- Entrepreneurs and business owners.
- Sales and marketing professionals.
- Administrative and support staff.
- Anyone feeling overwhelmed and looking to regain control of their workload.

Target Sectors and Industries:

- Information Technology and Services.
- Financial Services and Banking.
- Healthcare and Pharmaceuticals.
- Consulting and Professional Services.
- Retail and Consumer Goods.
- Manufacturing and Engineering.
- Government agencies and public sector organizations.
- Non-profit organizations.

Target Organizations Departments:

- Human Resources and Talent Development.
- Project Management Office (PMO).
- Operations and Administration.
- Sales and Business Development.
- Marketing and Communications.
- Research and Development (R&D).
- Customer Service and Support.
- Finance and Accounting.

Course Offerings:

By the end of this course, the participants will have able to:

- Develop a robust personal productivity system tailored to their work style.
- Master the art of setting and executing SMART and CLEAR goals.
- Apply advanced time management techniques like time blocking and the Eisenhower Matrix.
- Effectively prioritize tasks based on urgency and importance to maximize impact.
- Implement strategies to overcome procrastination and build lasting, productive habits.
- Manage digital distractions and cultivate deep focus for complex tasks.
- Align personal and professional goals with organizational objectives.
- Develop an action plan for continuous improvement in personal effectiveness.
- Enhance work-life balance by managing energy, not just time.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, engaging, and practical, ensuring that learning is not only absorbed but also applied. We employ an experiential learning model that moves beyond traditional lectures. The course is built around a series of hands-on workshops, real-world case studies, and collaborative group discussions that encourage participants to share challenges and co-create solutions. Interactive exercises, self-assessment tools, and practical simulations will be used extensively to help participants internalize concepts like task prioritization and workflow optimization. Our expert facilitators create a supportive and dynamic learning environment where participants can practice new skills and receive constructive, personalized feedback. A significant portion of the course is dedicated to action planning, where each participant will develop a concrete plan to implement their new productivity strategies back in the workplace. This blended approach of theory, practice, and peer learning ensures a transformative experience that delivers measurable improvements in performance and goal attainment long after the course concludes.

Course Agenda (Course Units):

Unit One The Foundations of Modern Productivity

- Defining personal productivity and effectiveness.
- Conducting a personal productivity audit.
- Understanding the psychology of habit formation.
- Debunking common productivity myths.
- The critical link between energy management and time management.
- Developing a growth mindset for continuous improvement.
- Identifying and clarifying your core values and priorities.

Unit Two Strategic Goal Setting for Peak Performance

- The principles of effective goal setting.
- Crafting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.
- Introduction to the OKR (Objectives and Key Results) framework.
- Breaking down large goals into actionable steps.
- Aligning personal goals with team and organizational objectives.
- Visualizing success and creating a compelling vision for the future.
- Techniques for tracking progress and maintaining motivation.

Unit Three Advanced Time and Task Management Techniques

- Mastering the art of prioritization with the Eisenhower Matrix.
- Implementing time blocking and calendar management strategies.
- The Pomodoro Technique for focused work sprints.
- The "Getting Things Done" (GTD) methodology by David Allen.
- Strategies for managing meetings effectively.
- Techniques for effective delegation and follow-up.
- Using technology and tools to support your workflow.

Unit Four Overcoming Procrastination and Managing Distractions

- Understanding the root causes of procrastination.
- Actionable strategies to overcome the tendency to delay.
- Building the discipline of deep work and sustained focus.
- Creating a distraction-free work environment.
- Managing digital interruptions from email, social media, and notifications.
- Techniques for improving concentration and mental clarity.
- The role of mindfulness in enhancing productivity.

Unit Five Building Sustainable Habits and a System for Life

- Designing a personalized daily and weekly review process.
- Strategies for preventing burnout and maintaining high energy levels.
- Building resilience to handle setbacks and unexpected challenges.
- The power of routines and rituals in driving long-term success.
- Creating a system for continuous learning and skill development.
- Celebrating milestones and rewarding progress.
- Developing a personal action plan for ongoing productivity mastery.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

How might the principles of personal productivity and goal setting be scaled to transform the culture of an entire organization?

What unique qualities does this course offer compared to other courses?

This training course distinguishes itself by adopting a holistic and sustainable approach to personal effectiveness, moving beyond the superficial application of productivity tools and apps. While many courses focus solely on time management techniques, we delve deeper into the core drivers of performance, including energy management, mindset, and the psychology of habit formation. The curriculum is uniquely structured to help participants build a personalized productivity system from the ground up, rather than offering a one-size-fits-all solution. We emphasize the critical skill of strategic alignment, teaching participants not just how to get more done, but how to ensure their efforts are focused on what truly matters for their personal and organizational goals. Furthermore, the course places a strong emphasis on overcoming modern challenges like digital distraction and professional burnout, providing practical, evidence-based strategies for maintaining focus and well-being in a hyper-connected world. The focus on creating a concrete, actionable plan for implementation ensures that the learning translates into lasting behavioral change and measurable results, making it an investment in long-term capability, not just short-term knowledge acquisition.