# Strategic Time Management and Peak Productivity Training Course



28 Dec 2026 - 01 Jan 2027

Tokyo

5800 € (Per Person)

Ref: #IS5737_161277

## Course Introduction / Overview:

In today's fast-paced professional landscape, the ability to manage time effectively is no longer a soft skill but a critical driver of success and organizational effectiveness. This course moves beyond basic scheduling tips to offer a comprehensive framework for achieving peak productivity and strategic alignment. Drawing upon foundational principles from thought leaders like Stephen Covey, author of "The 7 Habits of Highly Effective People," this program delves into the psychology of habit formation, focus management, and energy optimization. Participants will learn to diagnose personal productivity bottlenecks, implement robust prioritization systems, and master the art of managing digital workflows to minimize distractions and maximize output. BIG BEN Training Center has designed this immersive experience to equip professionals with the tools and mindset needed to reclaim control over their schedules, reduce stress, and drive meaningful results. This is not just about doing more tasks; it is about doing the right tasks, more efficiently, to achieve both personal and organizational goals with clarity and purpose. The curriculum integrates proven methodologies with modern strategies to foster a sustainable culture of high performance and organizational excellence.

## Target Audience / This training course is suitable for:

- Managers and Team Leaders.
- Project Managers and Program Coordinators.
- Executives and Senior Leadership.
- Administrative and Executive Assistants.
- Entrepreneurs and Business Owners.
- Consultants and Freelancers.
- Human Resources Professionals.
- Any professional seeking to enhance personal and team productivity.

## Target Sectors and Industries:

- Information Technology and Telecommunications.
- Banking, Finance, and Insurance Services.
- Healthcare and Pharmaceutical Industries.
- Engineering and Construction.
- Manufacturing and Logistics.
- Retail and Consumer Goods.
- Government Agencies and Public Sector Organizations.
- Education and Non-Profit Organizations.

## Target Organizations Departments:

- Operations and Administration.
- Project Management Office (PMO).
- Human Resources and Talent Development.
- Sales and Marketing.
- Finance and Accounting.
- Customer Service and Support.
- Research and Development.
- Executive Management.

## Course Offerings:

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

- Master advanced prioritization techniques like the Eisenhower Matrix and Pareto Analysis.
- Develop and implement a personalized time management system for daily and weekly planning.
- Effectively manage digital distractions, including email and social media, to enhance focus.
- Apply strategic delegation methods to empower teams and optimize workload distribution.
- Conduct highly efficient and outcome-oriented meetings.
- Utilize time blocking and deep work principles to tackle complex projects.
- Manage stress and prevent burnout by creating a sustainable work-life integration plan.
- Set clear, actionable, and aligned personal and professional goals using the SMART framework.
- Leverage technology and productivity tools to automate and streamline workflows.
- Build lasting habits that support long-term organizational effectiveness and peak performance.

## Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, practical, and transformative. We believe that adult learning is most effective when it is experiential and directly applicable to real-world challenges. This course abandons traditional lecture-based formats in favor of a dynamic workshop environment. Participants will engage in a variety of activities, including individual self-assessments, group discussions, and collaborative problem-solving exercises. Real-world case studies will be analyzed to understand the practical application of time management principles in different corporate settings. Interactive sessions will encourage the sharing of experiences and best practices among participants, fostering a rich learning community. Practical exercises, such as creating a personal productivity plan and role-playing delegation scenarios, ensure that skills are not just learned but also practiced. Our expert facilitators provide continuous, constructive feedback and personalized coaching to help each participant integrate the new strategies into their unique workflow. The emphasis is on building sustainable habits and providing actionable takeaways that can be implemented immediately upon returning to the workplace for measurable improvements in efficiency and effectiveness.

## Course Agenda (Course Units):

### Unit One: The Foundations of Strategic Time Management

- The evolution of time management into productivity science.
- Conducting a personal time audit to identify inefficiencies.
- Understanding the link between energy, focus, and time.
- The psychology of procrastination and strategies to overcome it.
- Setting compelling and aligned goals with the SMART methodology.
- Principles from Stephen Covey's "The 7 Habits of Highly Effective People".
- Distinguishing between being busy and being productive.

### Unit Two: Advanced Prioritization and Strategic Planning

- Mastering the Eisenhower Matrix for urgency and importance.
- Applying the Pareto Principle (80/20 Rule) to identify high-impact tasks.
- Developing a weekly and daily strategic planning ritual.
- The art of time blocking and calendar management.
- Techniques for breaking down large projects into manageable tasks.
- Managing competing priorities and stakeholder expectations.
- Introduction to agile principles for personal workflow management.

### Unit Three: Conquering Digital Distractions and Mastering Focus

- The science of attention and the cost of context switching.
- Strategies for managing email overload and achieving "inbox zero".
- Implementing the Pomodoro Technique for sustained concentration.
- Creating an optimized digital and physical workspace for deep work.
- Leveraging technology and tools without becoming a slave to them.
- Setting healthy boundaries with communication and notification settings.
- Mindfulness techniques to improve focus and reduce mental clutter.

## Unit Four: Effective Delegation, Meetings, and Communication

- The principles of effective and empowering delegation.
- Identifying tasks to delegate for optimal team productivity.
- Overcoming common barriers to successful delegation.
- Planning and executing highly productive and concise meetings.
- Techniques for managing interruptions and protecting your time.
- Assertive communication skills for saying "no" professionally.
- Collaborative tools and techniques for seamless team workflow.

## Unit Five: Building Sustainable Habits for Peak Performance

- The science of habit formation and breaking bad habits.
- Designing a personalized system for long-term productivity.
- Strategies for stress management and preventing professional burnout.
- The importance of rest and recovery for sustained performance.
- Conducting regular reviews to refine and adapt your system.
- Creating a personal development plan for continuous improvement.
- Leading by example to foster a culture of productivity within your team.

# 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 organizational effectiveness be scaled from an individual's workflow to transform an entire corporate culture?

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

This course distinguishes itself by moving beyond superficial tips and productivity hacks to address the core principles of strategic effectiveness and sustainable performance. While many courses focus solely on tools and techniques, we emphasize the underlying psychology of habit formation, decision-making, and focus management. Our curriculum is built on a holistic framework that integrates personal energy management with strategic planning, recognizing that true productivity is not about managing the clock but about managing oneself. We dedicate significant time to overcoming modern challenges like digital distraction and information overload, providing practical, evidence-based strategies rather than generic advice. Furthermore, the program strongly emphasizes the link between individual productivity and broader organizational effectiveness, equipping participants not only to enhance their own performance but also to positively influence their teams and workplace culture. The interactive methodology, centered on real-world case studies and personalized action planning, ensures that learning is deeply embedded and immediately applicable, fostering a genuine transformation in how participants approach their work and achieve their most important goals.