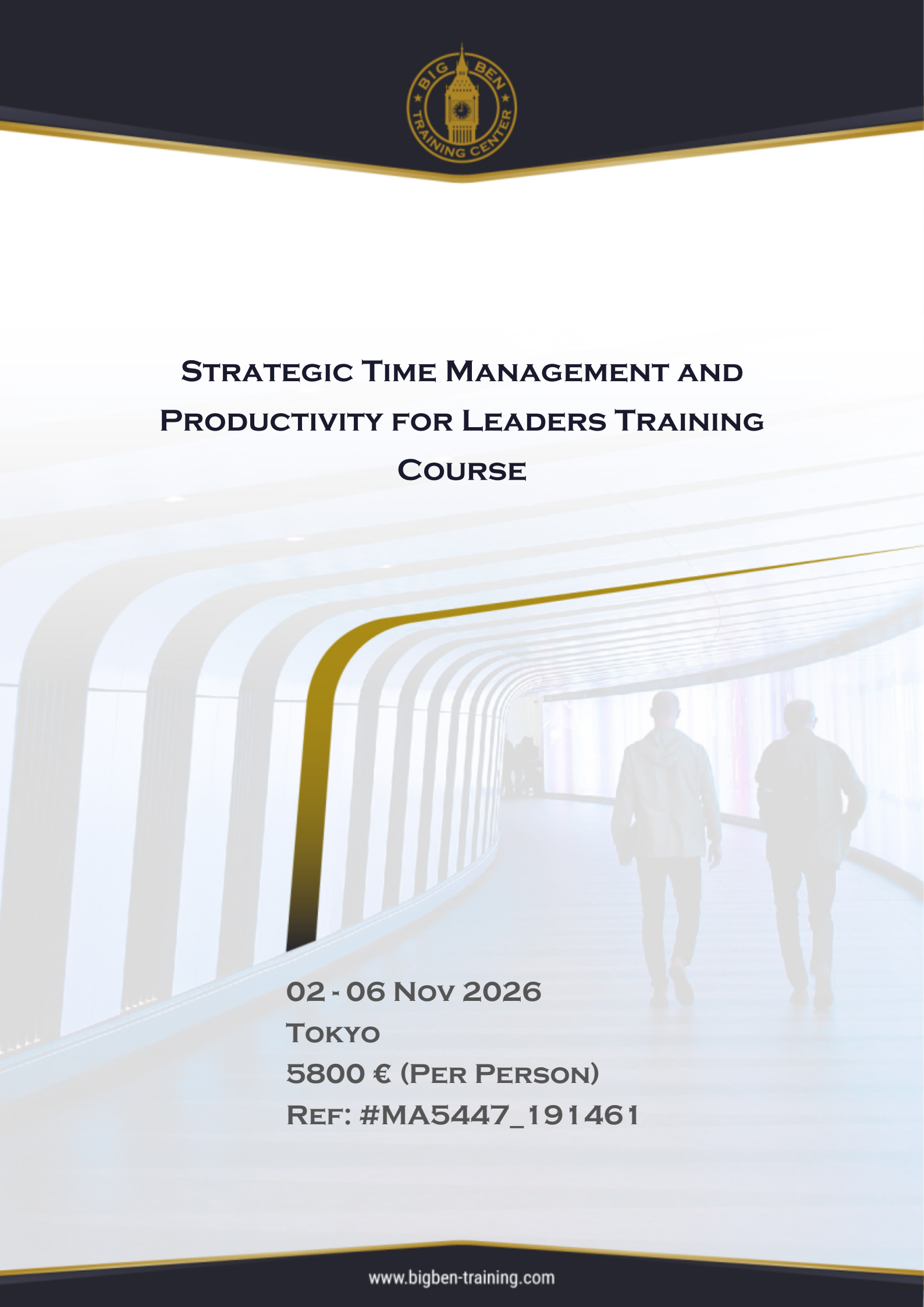
Strategic Time Management and Productivity for Leaders Training Course



02 - 06 Nov 2026

Tokyo

5800 € (Per Person)

Ref: #MA5447_191461

Course Introduction / Overview:

In today's fast-paced corporate environment, the ability to manage time effectively is no longer just a personal skill but a critical leadership competency. This course transcends basic time management tips to offer a strategic framework for personal and team productivity. It is designed for leaders who aim to not only optimize their own schedules but also to cultivate a culture of efficiency and focus within their teams. Drawing upon foundational principles from thought leaders like Peter Drucker, who emphasized knowledge worker productivity, this program delves into the psychology of focus, prioritization, and execution. We will explore concepts from influential works such as David Allen's "Getting Things Done" to provide a comprehensive system for managing commitments and reducing mental clutter. At BIG BEN Training Center, we have crafted a curriculum that integrates proven methodologies with modern challenges, such as digital distractions and remote team management. Participants will leave with a personalized productivity system, enhanced decision-making skills, and the ability to lead their teams toward achieving strategic goals with greater clarity and less stress. This is more than a course on managing clocks; it is a transformative experience in managing energy, attention, and influence.

Target Audience / This training course is suitable for:

- Managers and supervisors at all levels.
- Team leaders and project managers.
- Department heads and directors.
- Executives and senior leaders seeking to optimize their effectiveness.
- Aspiring managers and high-potential employees.
- Entrepreneurs and business owners.
- Professionals aiming to enhance their personal productivity and leadership skills.

Target Sectors and Industries:

- Information Technology and Telecommunications.
- Banking, Finance, and Insurance Services.
- Healthcare and Pharmaceuticals.
- Manufacturing and Engineering.
- Consulting and Professional Services.
- Retail and Consumer Goods.
- Government agencies and public sector organizations.
- Non-profit and educational institutions.

Target Organizations Departments:

- Operations Management.
- Human Resources and Talent Development.
- Project Management Office (PMO).
- Sales and Business Development.
- Marketing and Communications.
- Finance and Accounting.
- Information Technology (IT) and Engineering.
- Customer Service and Support.
- Research and Development.

Course Offerings:

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

- Master advanced prioritization frameworks like the Eisenhower Matrix and Pareto Analysis.
- Develop a personalized system for managing tasks, projects, and long-term goals.
- Implement strategies to minimize distractions and cultivate deep work habits.
- Lead more efficient and productive meetings that result in clear action items.
- Apply effective delegation techniques to empower team members and free up leadership capacity.
- Analyze and optimize personal and team workflows for maximum efficiency.
- Build resilience against workplace stress and prevent leadership burnout.
- Cultivate a high-performance culture focused on results and sustainable productivity.
- Utilize psychological principles to overcome procrastination and build consistent habits.
- Align daily activities with strategic organizational objectives.

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 connects theory to real-world application. This course moves beyond traditional lectures to create an immersive learning environment. Participants will engage in a variety of activities, including in-depth case study analyses of real business scenarios, collaborative group discussions to share experiences and best practices, and hands-on workshops to build their own productivity systems. Self-assessment tools and diagnostic exercises will provide a baseline for personal development, allowing each participant to identify specific areas for improvement. Role-playing simulations will be used to practice crucial skills like delegation and conducting effective feedback sessions. Our expert facilitators foster a supportive atmosphere where participants can experiment with new techniques and receive constructive, personalized feedback. The program emphasizes the development of a practical action plan, ensuring that the skills and strategies learned are immediately transferable to the participant's professional environment, driving tangible improvements in performance and leadership effectiveness.

Course Agenda (Course Units):

Unit One The Psychology of Executive Productivity

- The modern leader's time dilemma.
- Conducting a personal productivity audit.
- Understanding the link between energy, focus, and time.
- Neuroscience of focus and distraction management.
- Overcoming common productivity blockers and procrastination.
- Setting a powerful vision for personal and professional effectiveness.
- Principles from Peter Drucker on the effective executive.

Unit Two Strategic Planning and Prioritization

- Moving from reactive to proactive management.
- Mastering the Eisenhower Matrix for urgency and importance.
- Applying the 80/20 Rule (Pareto Principle) to leadership tasks.
- Advanced goal-setting using the OKR (Objectives and Key Results) framework.
- Techniques for breaking down large projects into manageable tasks.
- Strategic scheduling and time blocking for high-impact work.
- Aligning personal priorities with team and organizational goals.

Unit Three Mastering Execution and Deep Work

- The concept of Deep Work vs. Shallow Work by Cal Newport.
- Creating an environment conducive to concentration.
- Managing digital distractions and communication overload.
- The Pomodoro Technique and other focus-enhancing methods.
- Building powerful routines and habits for sustained performance.
- Strategies for managing interruptions effectively.
- The art of saying 'no' to protect your most valuable time.

Unit Four Leadership Through Delegation and Team Productivity

- The difference between delegation and abdication.
- A framework for effective and empowering delegation.
- Matching the right task to the right person.
- Fostering accountability and ownership within the team.
- Designing and leading highly productive meetings.
- Optimizing team workflows and communication channels.
- Leveraging technology to enhance team collaboration and productivity.

Unit Five Sustainable Performance and Building a Productive Culture

- Recognizing and preventing leadership burnout.
- Strategies for work-life integration and personal renewal.
- Mindfulness and stress management techniques for leaders.
- Coaching team members on their own productivity.
- Building a culture of focus, accountability, and results.
- Measuring and celebrating productivity gains.
- Developing a 90-day action plan for continuous improvement.

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:

Beyond individual techniques, how can a leader's personal productivity philosophy fundamentally shape an entire team's culture and performance?

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

This course distinguishes itself by focusing on productivity as a core leadership function rather than merely a set of personal time management tricks. While other programs may offer generic tips, we provide a strategic framework that links a leader's personal effectiveness directly to team performance and organizational outcomes. Our curriculum is uniquely structured to address the dual role of a manager, teaching them how to optimize their own output while simultaneously coaching and developing a productive culture within their team. We delve into the psychological underpinnings of productivity, exploring the 'why' behind procrastination and distraction, which leads to more sustainable behavioral change. The program emphasizes practical application through tailored workshops where participants design their own productivity systems, not just learn about them. Furthermore, we dedicate a significant portion of the course to sustainable performance, addressing critical but often-overlooked topics like burnout prevention and energy management. This holistic approach ensures that leaders leave not with a list of quick fixes, but with an integrated, strategic mindset to drive efficiency, engagement, and results in a lasting way.