Maximizing Productivity and Time Management Skills Training Course



07 - 11 Dec 2026

Tokyo

5800 € (Per Person)

Ref: #SA4257_26493

Course Introduction / Overview:

In today's fast-paced professional environment, the ability to manage time effectively and maintain high productivity is no longer a soft skill but a critical determinant of success. This course is meticulously designed to transform participants from being busy to being truly productive. We delve deep into the science of personal effectiveness, moving beyond superficial tips to explore foundational principles of workflow optimization and cognitive focus. Drawing on seminal works like David Allen's "Getting Things Done", this program provides a structured framework for capturing, clarifying, and executing tasks with reduced stress and enhanced clarity. At BIG BEN Training Center, we understand that true productivity is about managing your energy and attention, not just your clock. This training course offers a comprehensive toolkit of strategies, from mastering task prioritization with the Eisenhower Matrix to implementing digital wellness habits that combat distraction. Participants will learn to design a personalized productivity system that aligns with their professional roles and personal work styles, ensuring sustainable high performance and a healthier work-life balance.

Target Audience / This training course is suitable for:

- Office Managers and Administrators.
- Executive Assistants and Personal Assistants.
- Project Coordinators and Team Leaders.
- Human Resources Professionals.
- Operations Staff and Department Supervisors.
- Sales and Marketing Professionals.
- Any professional seeking to enhance personal effectiveness and reduce workplace stress.

Target Sectors and Industries:

- Technology and Information Services.
- Finance, Banking, and Insurance.
- Healthcare and Pharmaceutical sectors.
- Consulting and Professional Services.
- Retail and Consumer Goods.
- Education and Academia.
- Government and Public Sector Organizations.

Target Organizations Departments:

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

Course Offerings:

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

- Master advanced time management techniques to control their daily schedule effectively.
- Develop robust strategies for prioritizing tasks based on urgency and importance.
- Implement proven methods to overcome procrastination and maintain focus on key objectives.
- Optimize digital workflows and manage email communication for peak efficiency.
- Conduct and participate in more productive and time-efficient meetings.
- Learn to delegate tasks effectively to improve team productivity and personal capacity.
- Build sustainable habits that support long-term productivity and work-life balance.
- Apply stress management techniques to maintain performance under pressure.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, experiential, and participant-centered. We believe that adult learners gain the most from applying concepts directly to their own professional contexts. Therefore, this course moves beyond traditional lectures to incorporate a rich blend of learning techniques. Participants will engage in practical exercises, real-world case study analyses, and collaborative group discussions to explore challenges and solutions in time management. Interactive workshops will allow for the hands-on application of tools like the Pomodoro Technique and the Eisenhower Matrix. Self-assessment tools will help individuals identify their personal productivity blockers and strengths. A significant portion of the course is dedicated to creating a personalized action plan, ensuring that the skills learned are not just theoretical but immediately transferable to the workplace. Our expert facilitators foster a supportive learning environment, providing personalized feedback and guiding participants to build a sustainable system for lasting productivity and professional growth.

Course Agenda (Course Units):

Unit One: The Foundations of Personal Productivity

- The psychology of time perception and management.
- Conducting a personal time audit to identify inefficiencies.
- Setting SMART goals for professional and personal development.
- Understanding the link between energy management and time management.
- Identifying and overcoming common productivity barriers.
- The principles of creating a personalized productivity system.
- Introduction to core concepts from "Getting Things Done" by David Allen.

Unit Two: Mastering Prioritization and Task Management

- The Eisenhower Matrix for urgent versus important tasks.
- Applying the Pareto Principle (80/20 Rule) to your workload.
- Techniques for breaking down large projects into manageable tasks.
- The Pomodoro Technique for focused work sprints.
- Task batching to minimize context switching and improve efficiency.
- Developing a zero-inbox strategy for email management.
- Utilizing digital and analog tools for effective task tracking.

Unit Three: Conquering Digital Distractions and Deep Work

- The science of distraction and its impact on cognitive performance.
- Strategies for managing notifications and digital interruptions.
- Cultivating the ability for "Deep Work" as described by Cal Newport.
- Structuring your day for optimal focus and concentration.
- Effective techniques for managing communication across multiple platforms.
- Implementing digital wellness and technology boundaries.
- Using technology as a tool for productivity, not a source of distraction.

Unit Four: Optimizing Workflows and Professional Collaboration

- Mapping and streamlining your daily and weekly workflows.
- The art and science of effective delegation.
- Planning and leading highly productive meetings.
- Techniques for saying "no" professionally to protect your time.
- Proactive planning versus reactive work habits.
- Managing expectations with colleagues and supervisors.
- Collaborative productivity tools and best practices for teams.

Unit Five: Sustaining High Performance and Work-Life Balance

- Building and maintaining productive habits for the long term.
- Strategies for preventing and managing professional burnout.
- Stress management techniques for a high-pressure environment.
- The importance of rest and recovery for peak performance.
- Conducting regular weekly reviews for continuous improvement.
- Creating a sustainable system for work-life integration.
- 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:

In an organizational culture that often rewards constant availability, how can a professional effectively implement boundaries for deep work without being perceived as uncooperative or unresponsive?

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

This training course distinguishes itself by adopting a holistic and psychologically-grounded approach to productivity, rather than merely presenting a list of tools and "hacks". We focus on transforming the participant's fundamental relationship with their work, time, and energy. Unlike other programs that may offer a one-size-fits-all solution, our curriculum emphasizes self-assessment and the creation of a deeply personalized productivity system that is adaptable to individual work styles and professional demands. The course integrates principles of behavioral psychology to address the root causes of procrastination and distraction, fostering sustainable habit change. Furthermore, we place a significant emphasis on the crucial link between productivity and well-being, incorporating modules on stress management and burnout prevention. The content is not just about doing more, but about doing the right things with greater focus and less stress, leading to a more fulfilling and effective professional life. The practical, action-oriented workshops ensure that participants leave with a concrete plan they can implement immediately.