

Advanced Time, Stress Management and Prioritization Work Smarter

Management and Leadership

Course Overview

Time, Stress Management and Prioritization Work Smarter: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and...

What You Will Achieve

- Explain the core principles and current good practice in Time, Stress Management and Prioritization Work Smarter
- Apply practical tools and techniques for Time, Stress Management and Prioritization Work Smarter in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Time, Stress Management and Prioritization Work Smarter in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Foundations of Time, Stress Management and Prioritization Work Smarter: principles, terminology and context
2. The business case: why Time, Stress Management and Prioritization Work Smarter matters to performance
3. Core tools, frameworks and methods
4. Applying the tools: guided case study and exercises
5. Common pitfalls and how experienced practitioners avoid them
6. Working with stakeholders: communication and influence
7. Measuring results and continuous improvement
8. Personal action planning and course review

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
14 to 18 Sep 2026	Durban	\$1,650
5 to 9 Oct 2026	Accra	\$1,395
19 to 23 Oct 2026	Online	\$800

2 to 6 Nov 2026	Lagos	\$1,550
23 to 27 Nov 2026	Pretoria	\$1,395
7 to 11 Dec 2026	Harare	\$1,650

LTC Consultants

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.