

# Time management, boundaries & saying no

25th January 2024 10am-12.30pm

Sometimes the 'to do' list seems never ending and it can be hard to find time for what feels most important.

In this session we will:

- Think about how best to manage our own diaries and other people's expectations
- Consider how to use our time discerningly, making space for what matters most
- Learn some practical ways for for managing to do lists

[Booking click here](#)

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