

Good time

	Any role	Intermediate	Manager
1	<p>Time and activity Spontaneous solutions Tetris effect Conscious observation</p>		
2	<p>Overview Evolution of behaviors Right actions, done right Time as glue for the results</p>		
3	<p>Ordinary activities Extraordinary activities Method or Mindset?</p>		
4	<p>Brain & Time Performance and recovery times Energies and decision-making capacity Circadian rhythm</p>		
5	<p>High-low performance Daily energy flow High - Low - Break alternation Risks of estrangement from the circadian rhythm</p>		
6	<p>“Break Up” activities Smart positioning Emergencies and urgencies Their time placement</p>		
7		<p>Tracking your time Key success factors over time How to identify them, protect them, preserve them Effects on other activities</p>	
8			<p>Case Study Felix Baumgarter</p>
	Any role	Intermediate	Manager

