Good time

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

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