

## Procrastination: Breaking the Vicious Circle

### Virtual Seminar invitation

#### Seminar overview



16 May 2024  
09:00-13:30 EET  
4 CPDs  
[Click here to register](#)



English Language



€100 + VAT  
(*Deloitte Alumni are entitled a 30% discount*)



Virtual Seminar  
(*via Zoom*)

#### Agenda

1. Understanding procrastination, paradigms and daily habits.
2. Studying the Mind
3. Self-image and its influence on everyday activities
4. Building a productive attitude
5. Connecting the Dots
6. Tips and practical processes
7. Q & A throughout the training

#### Who should attend?

Suitable for team leaders, sales personnel, entrepreneurs, business owners, individuals seeking to achieve more in both their life and career, leadership aspirants, those looking to enhance their leadership capabilities, professional development enthusiasts, decision-makers, and lifelong learners.

More information: [Deloitte Academy website](#) or [cyacademy@deloitte.com](mailto:cyacademy@deloitte.com)

## Procrastination: Breaking the Vicious Circle

### Objectives

By the end of this program participants will:

- Gain a comprehensive understanding of procrastination and its underlying paradigms - habits, recognizing the various forms it can take in their lives.
- Explore the intricate workings of the human mind and how it relates to procrastination, delving into the psychological aspects that contribute to this behavior.
- Explore how self-image affects one's ability to prioritize tasks and achieve goals and learn strategies to improve self-esteem and confidence.
- Cultivate a proactive attitude towards tasks and responsibilities, equipping participants with the mindset needed to tackle procrastination.
- Investigate practical processes and time management strategies that can be immediately applied to overcome procrastination.
- Connect theoretical knowledge to real-life scenarios by engaging in practical exercises and discussions, promoting the application of strategies learned.
- Equip participants with resilience-building tools to navigate setbacks and maintain progress in their efforts to combat procrastination.
- Collaborate on creating individualized action plans to break the cycle of procrastination, ensuring that participants leave the seminar with concrete steps to implement in their lives.
- Encourage participants to establish accountability mechanisms to track their progress and maintain momentum in their journey to conquer procrastination.

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# Maria Menicou

## Personal and Professional Development Coach



Maria Menicou is a highly accomplished and sought-after Personal and Professional Development Coach, trainer, and international speaker with a proven track record of transforming lives and organizations. As a Certified "Thinking into Results" Consultant of the esteemed Proctor Gallagher Institute and a Certified Trainer in Human Resource Development and Analysis (HRDA), Maria brings a wealth of expertise to the table.

Driven by a lifelong passion for understanding human dynamics, psychology and behavior, Maria works with individuals, companies, and organizations to ignite the spark of success and drive measurable results. Her journey into the realm of success mindset and personal growth brought her face-to-face with renowned mentors, including Bob Proctor, Dr. Joe Dispenza, Mary Morrissey, and many other leading experts.

Her contagious passion and unwavering positive attitude make her a natural motivator and catalyst for change. Maria's coaching approach is rooted in instinctive intuition, genuine compassion as well as proven methodology, guiding individuals and teams to surpass their potential, boost confidence, and achieve extraordinary results.

Maria Menicou's expertise in corporate and professional training, combined with her in-depth understanding of the success mindset, empowers her clients and trainees to create measurable and accelerated progress in any industry. By partnering with Maria, you open the door to unlocking your true potential, achieving your goals, and embracing a life of peace, joy, and liberation.

Experience the transformational power of Maria's coaching and take the leap towards a thriving and fulfilling future. Embrace the opportunity to work with a coach who truly cares about your success and stands by your side, committed to making your dreams a reality.