

## Time and Stress Management

### Face-to-face seminar invitation

#### Seminar Overview & Objectives

Managing time and stress in today's fast paced business environment has become a prerequisite for all individuals to excel in the professional world. This interactive seminar aims to provide insights and actionable ways with which professionals can identify obstacles that prevent them from working efficiently and effectively and develop mechanisms to overcome these obstacles.



09 November 2023



09:00-17:00 (EET)  
*(8 hours including 2  
hours break – 6 CPDs)*



Deloitte Offices  
Nicosia



€200 + VAT  
*(Deloitte Alumni are  
entitled a 30% discount)*

To register for this seminar: [Press here](#)

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

## Facilitators

# Christina Themistocleous

Director, Head of Deloitte Academy

Christina is the Head of the Deloitte Academy and has been part of Deloitte for more than 15 years. Her vision is to offer impactful seminars with a view to support professionals to grow their careers and organisations to engage in meaningful professional development. She is in charge for the learning strategy and business operations of the Academy. Concurrently she delivers a number of seminars on leadership, communication, presentation skills, time and stress management and other technical subjects in Cyprus, Europe and the Middle East region. Christina is also part of the faculty team of the Deloitte University in Brussels and an HRDA-approved facilitator (Human Resources Development Authority in Cyprus). She is a Chartered Certified Accountant (ACCA) and a Certified Information Privacy Professional/Europe (CIPP/E).



# Tatiana Loutsiou

Senior Manager, Deloitte Academy

Tatiana is the program coordinator, designer and facilitator for several courses at Deloitte Academy. She has been part of the firm for more than 10 years and specializes in learning & development. With her current role she coordinates, designs and delivers impactful seminars in Cyprus, Europe and Middle East with a mission to upskill and reskill professionals of all levels and industries. She is also part of the faculty team of the Deloitte University in Brussels and an HRDA-approved facilitator (Human Resources Development Authority in Cyprus). She is a Chartered Accountant (ACA) and a Certified Internal Auditor (CIA).



## Who should attend?

Professionals of any level who:

- Want to increase effectiveness and efficiency in their everyday professional lives
- Want to manage stress in their everyday lives on a personal and professional level
- Have a busy schedule and face challenges with multiple tasks, responsibilities and communication with multiple parties

## Agenda

- Introduction to time management and common pitfalls
- Smart ways to plan your day and actionable steps to be effective and efficient
- The 4 Ds model (Do, Decide, Defer, Delete)
- Stress consequences and management
- Actionable steps to fight and prevent stress

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