



TUESDAY 21<sup>st</sup> SEPTEMBER 2021 09:00-14:45

FRIDAY 11<sup>TH</sup> FEBRUARY 2022 09:00 – 14:25

## SuppoRTT: PRODUCTIVITY & FOCUS RETREAT

**A full day of protected productivity designed especially for people who want to get things done but find that life or work gets in the way of progress.**

**Specifically targeted at Out of Programme (OOP) East Midlands Trainee doctors who need to complete research, projects or exam work as part of their role but struggle with procrastination and staying focused.**

Join Dr Katy R Mahoney, expert performance and development coach, at our productivity retreat. Make a positive step towards completing that important job that never gets priority.

Identify performance gremlins and how you can harness their power to propel your productivity forward

The day is split between 2 hours of productivity coaching and 4 hours dedicated to your own work. **Please ensure you have your files and paperwork to hand to facilitate this.** If you usually work listening to music – this is fine but please ensure you are on mute!

Booking is via Intrepid Course Manager at:  
<https://secure.intrepidonline.co.uk/CourseManager/EMD/>

**There are only 15 spaces available on this popular, free course so early booking is advised!**

Your place includes an optional follow up coaching appointment with Dr Mahoney.



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