



WEDNESDAY 16<sup>TH</sup> JANUARY 09:45-1700  
LEICESTER HILTON, JUNCTION 21 APPROACH, LEICESTER LE19  
1WQ

# PRODUCTIVITY RETREAT

## Programme

09:45 Arrival, Registration and refreshments

10:00 Morning Productivity

- Writing limbering and warm up
- **ON YOUR MARKS** – Planning your productivity & writing goals for the day
- **GET SET** – Time to prepare for 110 minutes of productivity and writing\*
- **GO!** – Guided productivity with facilitated breaks

13:00 Refuel and Refresh (lunch provided)

13:45 Afternoon Productivity

- Mental limbering and warm up
- **ON YOUR MARKS** – Overcoming Procrastination
- **GET SET** - Time to prepare for 130 minutes of productivity and writing\*
- **GO!** – Guided productivity with facilitated breaks

17:00 Book your follow up coaching and Close

\*Delegates need to bring with them their current research, project or work towards a qualification as there will be 4 hours during the day which will be dedicated to your own work