THE STAFF ADVISORY COMMITTEE FOR THE SIU SYSTEM (STACSS)* INVITES ALL SIU SYSTEM STAFF

Time management is an essential skill to maximize productivity and success. In addition, proper time management can help you manage stress and workloads.

IN THIS SESSION, PARTICIPANTS WILL LEARN HOW TO:
1. Define the meaning of productivity
2. Apply for work smarter principles
3. Prioritize tasks by incorporating popular time management methods
4. Create an individualized self-care plan

SESSION LED BY SIU SCHOOL OF MEDICINE’S:
Sookyung Suh, Ph.D.
Assistant Professor, Department of Medical Education
Director of Organizational Change Management
Director of Accelerated Leadership Program
Equity Transformation Strategist