

## ARS Professional Development

presents

# Stop Procrastinating Now!

An interactive workshop designed to get you focused

**January 10, 2008 - 6:00 – 9:00 p.m.**

**Sponsor: First Class, Inc.**

Procrastination is one of the leading causes of failure. It is the habit of putting off until tomorrow what you need to do today. The problem with this practice is that for some people, tomorrow never comes. In order to live the life of your dreams, you must take action. This course helps you identify your procrastination style and offers effective tools to fight your procrastination demons.

### *Here's What Participant Had to Say...*

- *"The positive affirmations and words to live by were great!"*
- *"Good class – informative, good exercises, good examples, good interaction"*
- *"Really liked exercises – forced to write thoughts now not later. Great class – thank you."*
- *"Liked the exercises; liked the small group setting."*
- *"The class was to the heart of procrastination. I feel more relax and not a failure – feel as though I can accomplish things."*
- *Excellent class – we discussed issues that helped me better understand why I avoid difficult tasks. Many take home tools to apply to setting and achieving goals."*
- *"Enjoyed class very much...Very challenging in a short time. Look at my habits – to a more positive approach."*
- *I liked the whole class, very interactive, plenty of exercises, really challenging."*



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