



OVERCOME THE  
*Overwhelm*  
LESS STRESS, MORE JOY!



## AdmiNZ Special Event with Lauren Parsons - *Overcome the Overwhelm*

Ever feel overwhelmed or wish you were more calm, confident and in control?

Do you want to better juggle work, family and life?

It's common, even for high-performers to feel overwhelmed at times. This session is designed to help busy people regain balance, super-charge your productivity and rediscover how it feels to thrive.

### YOU'LL DISCOVER:

- The biggest mistake that makes you lose hours every week (and how to avoid it)
- Exactly how to overcome the 'tyranny of the urgent' and get the right things done
- Learn how to juggle the multiple demands of life while staying calm, centred and in control
- The secrets that successful people use each morning to ensure a positive, productive day
- The critical steps to ensure regular 'me-time' to recharge - completely guilt free



Thursday 16 June 2022

5:30pm Networking

6:00pm-7:00pm Presentation and Q & A time



Business School, Otago Polytechnic,

Room G106, G Block

Cnr Union Street East & Harbour Terrace, Dunedin



Drinks & nibbles provided

\$5 AdmiNZ Members

\$15 Non-members

Register online at [aapnz.org.nz/events](http://aapnz.org.nz/events)

