EXCLUSIVE WEBINAR PRESENTATION

IT'S ABOUT TIME:
Systems and Strategies for
Conquering What Gets In Our Way

Presented by
Susan Weiner, MS, RDN, CDE, CDN, and Leslie Josel

1 CEU • Wednesday, February 15, 2017, from 2-3 PM EST

Date: Wednesday, February 15, 2017
Time: 2-3 pm Eastern Time (ET)
Convert to your time zone at: http://www.timeanddate.com/worldclock/converter.html

Suggested CDR Learning Codes: 1000, 1120, 7070; Level 2
Suggested CDR Performance Indicators: 1.6.2, 3.2.3, 4.2.1, 4.2.9

Using practical case studies, Susan Weiner, MS, RDN, CDE, CDN, and Leslie Josel will discuss the difference between time management and motivation management, tips for conquering procrastination and avoiding interruptions. If you are a nutrition entrepreneur, or looking to conquer your scheduling demands, this webinar is for you!

Learning Objectives
After completing this continuing education course, nutrition professionals should be able to:
1. Identify and discuss time management and motivation management.
2. List and implement strategies to concurrently manage different tasks.
3. Evaluate and minimize activities and tasks that are inefficient uses of time.
4. Create and utilize a "Personal Time Profile."

How to Join the Webinar
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Handouts
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System Requirements

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