Time Management and Productivity

Abstract:

Working productively towards long-term goals is inherently difficult for most of us, because it requires such extensive efforts in delaying gratification. This talk will present practical guidelines and techniques that help with time management and goal achievement. It will first cover general principles of sustainable productivity, including many practical tips and resources that have been developed to help us meet our own goals and deadlines. The second part of the talk will introduce a coaching framework designed to help people increase their productivity.

Participants will learn about specific coaching tools, cases and examples of interventions.

Ursina Teuscher, Ph.D.
Portland State University

Ph.D. in Psychology, University of Freiburg

Ursina Teuscher has a PhD in psychology and a professional degree (MS) as a career counselor from the University of Freiburg, Switzerland. As a decision coach/consultant, she helps individuals and organizations think more creatively and systematically about their decisions, and achieve their goals.

Ursina’s published research and teaching over the years, has focused on cognitive psychology and neuroscience, learning, memory, decision making, and coaching techniques. Her consulting and educational projects include strategic planning for small businesses and non-profit organizations, and post-graduate training courses in decision aiding techniques for career counselors.

She is currently teaching decision making classes at Portland State University (PSU) and at the Small Business Development Center at Portland Community College (CLIMB PCC).

http://www.teuscher-counseling.com