

Co-funded by the
Erasmus+ Programme
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PCE Happiness and Wellbeing Centre

Invitation: Session on Time Management

Background

PCE Happiness and Wellbeing Centre in collaboration with the project titled *'Enhancing Mental, Counseling and Wellbeing Support for University Students in Bhutan'*, co-funded by Erasmus Plus Programme is offering an hour session on *'Time Life Management Skill'*. The session will focus on 'time management matrix' proposed by Stephen Covey in his highly popular work *'The 7 Habits of Highly Effective People'*. The session will also include discussion on pitfalls of time management and possible suggestions to address the pitfalls.

Target Audience

PCE Students and staff

Venue

Manjushree Hall

How to register?

OPEN TO ALL, JUST WALK IN!

Workshop Date, and Time (same session, twice!)

28th April, Wed, Evening (14:30 to 15:30)

30th April, Friday, Morning (10:00 to 11:00)

Facilitator

Sangay Dorji, Lecturer, Guidance & Counselling

**“Time isn't the main
thing. It's the only
thing.”
– Miles Davis**