Professional Advancement Learning Series

PALS PRESENTS

Time Management:
For When You Don’t Have Any Time!

Receive 1 hr of credit for CME, section 1

Main CANMEDS competence: Professional

Rebecca Turnbull, M.Ed, RCC
Resident Wellness Counsellor, UBC

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Clinical Associate Professor, UBC

Dec 18th, 2015
Lunch: 12:15 – 12:30 pm
Lecture: 12:30 – 13:30 pm
VGH PAETZOLD THEATRE1891 LT

During this session, you will acquire TOOLS to:

- IDENTIFY effective time management principles that suit your personal style
- LIST your personal time wasters and procrastination tactics
- CREATE your personal goals, focusing on what you would like more time for