



JAMES DUTHIE

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Risk Manager

Effective Time
Management

Prior to this course, I was terrible at time management, got easily distracted, took on too much work and ended up working too many hours. My employer recommended I take this course with IMNZ to try to find some relief.

My course learning supported a path I was already beginning to go down. I still battle every day with perfectionism and being distracted easily in the open plan environment, however I am more conscious now and able to reign myself in when I can see myself going down the rabbit hole.

The course has helped me adjust my behaviours and I now get my work done in fewer hours.

Our course facilitator was good, and I especially liked that the other course attendees were from diverse backgrounds.

Everyone should invest time in self-development and an IMNZ course is an easy, valuable and efficient way of doing so.

