

PROCRASTINATION WORKSHOP



Three Session times available:

Tuesday 10th May @ 10:45am

Wednesday 11th May @1pm

Thursday 12th May @2pm

**Are you in middle/senior years and stuck in
procrastination station?!**

**Parents, teachers and students are welcome to join for a 1 hour,
online workshop on;**

- Why we procrastinate
- Identifying procrastination patterns
- Making an action plan to reduce procrastination.

Register here: oac.direct/pw

**Workshop best
contact:**

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