

# 168 Hours - Optimise your Life with Jarrod Robinson

# COURSE

In today's fast-paced world, effectively managing our limited time is crucial for personal and professional success. Jarrod Robinson's course, "168 Hours: Optimise Your Life," provides practical strategies to help individuals maximise their weekly 168 hours, enhancing productivity and overall well-being.



## About This Course

This webinar addresses common challenges such as feeling overwhelmed by daily tasks and the constant desire for more time. Participants will explore productivity through the lens of our fixed weekly timeframe, learning to:

### **Identify Priorities:**

Recognise and focus on tasks that align with personal and professional goals.

### **Implement Effective Tools:**

Utilise practical tools and techniques to streamline tasks and manage time efficiently.

### **Enhance Productivity:**

Develop strategies to optimise daily routines, reducing stress and increasing output.

By the end of the session, attendees will be equipped with actionable insights to take control of their schedules and improve their productivity.

### **About the Presenter:**

Jarrod Robinson, known as "The PE Geek," is an Australian educator with a passion for integrating emerging technologies into teaching and learning. With over 20 years of experience, he has presented nationally and internationally, conducting workshops in over 30 countries. Jarrod is also the founder of "The PE Geek Apps," a mobile development company creating applications for educators on both Android and iOS platforms. His innovative approach has earned him numerous awards and recognition globally.



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## Why This Course Will Benefit Families:

Time management is a skill that extends beyond the workplace and is essential within family dynamics. By applying the principles from this course, families can:

- **Improve Family Time:** Allocate quality time for family activities, strengthening bonds and creating lasting memories.
- **Reduce Stress:** Implementing effective time management strategies can alleviate the stress associated with balancing work and family commitments.
- **Model Positive Behaviors:** Parents can demonstrate productive habits, setting a positive example for children to emulate.

By optimising the use of their 168 hours, families can create a harmonious balance between personal and professional responsibilities, leading to a more fulfilling life.

Join Jarrod Robinson in "168 Hours: Optimise Your Life" to discover practical strategies that will empower you to take control of your time and enhance both your personal and family life.

