

My Life Expert

In today's dynamic and fast-paced environment, honing your planning and prioritizing skills is essential for success. Juggling competing priorities, tight deadlines, meetings, and interruptions can contribute to stress and burnout. In this engaging session, participants will acquire practical skills, tools, and techniques designed to maximize effectiveness and boost productivity. Join us for this interactive experience where you'll engage in self-analysis exercises that you can apply to your daily routine immediately for instant results.

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Texas Health Employee
Assistance Program



MANAGING YOUR PRIORITIES TO MAXIMIZE YOUR DAY



DATE

9/9/2026



TIME

12:30pm-1:30pm CST



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