

Working With Procrastination

Procrastination is a greatly misunderstood behaviour choice. It's usually thought to be simply 'putting off' doing something. When procrastination happens repeatedly it is more likely being done to avoid something even worse than the blame and self-recrimination the procrastinator receives. Understanding what the underlying causes are is the first step. The next step is following the practical steps, outlined in the workshop, in order to develop a plan to overcome the procrastination.