

Live Interactive Webinar Top Tips on Overcoming Procrastination

Presented by Professor Windy Dryden

Join live on the day, or access the recording at any time for 30 days.

Do your clients delay and put off what they need to do? Maybe sometimes you do this too. Procrastination is a really common problem but help is at hand!

This live interactive webinar offers participants a framework to understand procrastination and describes how to help people who struggle with it. It will provide practical tips to overcome procrastination based on a psychological understanding of, and approach to, the problem.

A real-life demonstration of how to help someone with procrastination will be done with a webinar volunteer.

Previous delegates said: Brilliant live demonstration. Unique learning. Live examples were great and showed how to put the model into practice. Loved the humour. Windy did a great job. Informative and powerful session. Windy is an excellent and eloquent speaker. Inspired me. Excellent. Clearly and succinctly delivered. Loved the humour and down to earth content. Engaging and energetic presentation by Windy. Interesting and useful workshop from a very experienced practitioner with a lot of good stuff to share.

Professor Windy Dryden is author of 'Overcoming Procrastination,' 2nd edition (Sheldon Press, 2022). He is internationally acclaimed for his work and undertakes live demonstrations of therapy and coaching all over the world.

You will have **access to the full recording and materials/resources until the 23rd April. This gives you the flexibility to join for all or part of the day or to watch the recording whenever fits with your commitments.**

Windy Dryden is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London. He has authored and edited more than 270 books including 'Single-Session Therapy: 100 Key Points and Techniques. 2nd edition' (Routledge. 2024).

This live interactive webinar is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of CBT and other approaches. It will contribute 1.5 hours of Continuous Professional Development (CPD)

19th March 2024, 9.30 – 11am

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Price £30+VAT