

# Productivity Workshop

Hosted by

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Certified High-  
Performance Coach

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Personal Productivity  
Expert

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Keynote Speaker

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Trader



## Workshop Overview

- ✓ Clear Framework
- ✓ Business Case Studies
- ✓ Actionable techniques
- ✓ High-impact visuals
- ✓ Reflective exercises
- ✓ Interactive session

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Small / mid-size groups

In-Person or Remotely

~ 4-hour workshop



## Booking Information

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## UNCAP Your Personal Productivity

*In a fast-changing world, it's high time for an upgrade*

**Workshop Goals:** Participants will not only learn how to develop their **own productivity system**, but also how to continuously adapt it to remain effective in fast-changing environments.

### What Audiences Gain

- Get more done by focusing on what truly matters
- Feel more energised and in control of your time
- Turn ideas into visible, measurable results
- Stay calm and composed under pressure
- Take confident action despite uncertainty

### Ideal For

- Leadership and corporate training events
- Professionals feeling overwhelmed
- Entrepreneur and founder forums
- Students and academics

### Program – built around 3 pillars

1. **Goal Settings** aligned with your values  
*Being very specific about what you want to achieve.  
Identifying the gap between current state and desired outcome.*
2. **Plan and prepare** like an Olympic Athlete  
*Map out the path to your goals with discipline and clarity.  
Planning both your actions and your attitude is key to success.*
3. **Taking actions** despite emotional hurdles  
*Fear, procrastination and self-doubt often delay action.  
Learn how to move forward regardless of your emotional state.*

*Following a +20-year career in fast-paced, high-stakes trading environments, Rod now empowers professionals to strengthen their focus, sharpen their decision-making and elevate overall performance.*