

Time Management Reimagined Myths, Mindset, and Tools

Shift how you think about time management, explore common misconceptions, and discover practical tools to make intentional choices within your 24-hour day.

Learning Targets

- Identify and challenge common myths about time management
- Recognize mindset traps that limit time-related decision-making
- Apply strategies to regain control over daily priorities
- Evaluate and select time management tools that align with personal and professional needs
- Build a personalized action plan for more intentional time use

December 11, 2025

9:00am-11:00am

via Zoom

\$49

Instructor: Lisa Pustelak

Lisa Pustelak is NWIRC's Culture Development Manager with over 25 years of experience working with companies to help people develop their potential. She is a certified Professional Coach through Duquesne University, certified Balance Score Card Professional, certified DDI Facilitator, and a member of Women in Manufacturing, NTMA, Association of Talent Development, and PA Business and Professional Women. Lisa develops leaders and employees with onsite or public training programs on topics such as critical thinking, leadership development, communication skills, strategic planning, culture development, and coaching.

