

## TRAINING DETAILS

### SHARING EXPERIENCES AMONG DOMESTIC EXPERTS AS PART OF DISSEMINATION

#### TIME- AND COST EFFICIENCY

##### LILLAFÜRED

The time- and cost efficiency training held on 15. 10. 2019 was led by Katalin Tóth trainer, master lecturer of Szent István University's Institute of Social Studies and Lecturer Education.

The training was aimed mainly at people who already tried several time management methods before, but they still experience their lives as chaos lacking any control, and who search for alternative solutions to reduce the stress they feel due to their depressing obligations and deadlines, and to those who simply need a more efficient time management in their lives. Time management techniques based on our own resources can help us reach goals we never had the time to, if our habits are restructured properly.

During the first half of the training, the trainer highlighted the connections between time and cost management techniques. She stressed how filling our days in an organised manner, and trying our best to portion our time, we may not be more successful in productivity, and often limit ourselves instead. Instead, she introduced participants to time- and cost economisation methods which can help in increasing our productivity, and necessitate a complex thought process shift.

During the second part of the training, the participants could define conclusions based on their own experiences in problem solving, for expanding the horizons of individual life. Participants were offered solution alternatives to which methods they can group their tasks. The trainer introduced a life situation that often happens during daily life; a project's conclusion deadline is upon us, and we're only 40% or so done, we can't properly concentrate, we're hasty, we fall, and stressing everyday life also negatively impact our physical states and health, we get sick. The time constraint is the greatest stress factor. Usually, it happens when we need to do too many things in too short a time. The participants searched for answers to this situation, and the optimal solution to it.

Based on the feedback, participants left with positive experiences. And techniques and methods which help them better manage one of our most limited resource – time – and help to optimally group their financial resources.



Photo documentation:

<http://www.projectlifemanagement.eu/galeria/>

Related blog posts:

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