



## FRUIT THAT WILL LAST – A PERSONAL EFFECTIVENESS PROGRAMME

**AT ST. MARTINS HOUSE WEDNESDAYS**  
**9.30 a.m. – 1.00 p.m.**  
**October 12<sup>th</sup> October 26<sup>th</sup> November 9<sup>th</sup>**

### How will the course help me?

Do you sometimes (or often) wish you had more time?

Are you about to take on a new role that will put more demands on your time?

If life's clock seems to run faster than you can.

If you need help in slowing things down.

If you want to feel that you have life under control...

Fruit That Will Last will help you. The name is from John's Gospel:

*"You did not choose me, but I chose you and appointed you so that you might go and bear fruit that will last."*

Andy Smith is an experienced leader and coach who helps individuals make the most of their time and talent.

For some years he has worked with the Mission & Ministry team supporting people who experienced real difficulty in being able to focus on getting things done. In some cases, the difficulties were severe and led to time off due to work related stress. "Fruit That Will Last" has evolved from that work as Rob Hay and Andy are determined to try and prevent issues arising in the first instance. Here's a very brief outline of the programme:

#### October 12<sup>th</sup>

- The problem
- Personal change
- The Onion Model
- Help focus your attention
- The nature of time
- The power of deadlines
- Managing email quickly

#### Session 2:

- How to build good habits
- Why prioritisation doesn't work
- Setting wiser goals
- Work from a bigger picture

#### Session 3:

- Procrastination demystified
- The DNA of a good meeting
- How to build good systems
- Common myths and misconceptions

Here's some feedback from previous attendees:

*"It exceeded my expectations.      "The insights into energy and attention levels were interesting."*

*"It was very helpful to take a step back and assess how to do things better."*

*"I hadn't expected the content to include our dreams and personal goal setting."*

*"The teaching about our minds being thinking devices not storage spaces has resonated."*

*"I gained lots on the idea of goal setting and always being able to come back to the question "Why do I want to do this?"*

*"I realised I work from a large open to-do list. I now have a daily closed to-do list and have actually been completing it!"*

*"It surprised me. It was more detailed, varied and useful than I thought it might be."*