

Presentation Title: Efficiency & Procrastination

Date/Time/Location: Tuesday, May 22nd, 2012 – 10:00 a.m. to 12:00 noon – Online Presentation via Lync

Description: Do you ever find yourself ignoring certain tasks? Do you tend to put things off until ‘later’ or feel like it takes forever to get through certain assignments? If this sounds familiar, then this session is for you. Dr. Rivera will take a guilt-free look at what contributes to procrastination and then present strategies for overcoming procrastination while increasing your efficiency at work. Learn to recognize the signs of procrastination, common reasons why we do it, and what we can do about it.

Presenter Bio: Dr. Saori Rivera is a Texas licensed psychologist who received her Ph.D. at Texas A&M University in Counseling Psychology. Dr. Rivera is bilingual in English and Spanish and works as a psychologist for the Texas A&M University Employee Assistance Program. She enjoys providing psychotherapeutic services to diverse clients and further gives presentations to university employees. Such presentations include: anger management, stress management, efficiency and procrastination, and personal change.

How to Register: If you would like to attend, please accept this invitation and, a few minutes before the start of the workshop on Tuesday, you should receive an invitation to ‘join the meeting’.

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This event will be recorded for playback; you will be able to access the playback link on AgriLife’s Training & Development page, following the presentation. <http://agrilifeas.tamu.edu/training/index.php>

If this is your first time using Lync, you will need to ensure that you have the required supports i.e. speakers, video & microphone (optional). And, most importantly, ensure you have Lync installed on your computer. If you have not used Lync for conversation or meetings previously, it might be a good idea to test it before the workshop begins. If you require technical assistance prior to, or during, the workshop, please contact AgriLife’s FirstCall Help Desk at <http://first-call.tamu.edu/> - 979-985-5737 or 866-996-2056.