

LEADERSHIP & MANAGEMENT | COURSE BROCHURE

Time, Priority and Energy Management for Senior Professionals

5 days | Classroom training | English

SMART HORIZON

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https://smarthorizon.uk



Course content

Why attend

Senior professionals face constant demands from meetings, messages and competing priorities. This course helps participants focus on what matters most, protect time for strategic work, manage energy and attention, delegate effectively and work with digital tools rather than being controlled by them. Practical techniques are tailored to participants' own calendars and workloads.

Working longer hours is not a sustainable route to better results. This course helps you regain control of your time, increase your impact and reduce stress.

Professional Problems This Course Is Designed to Solve

• Difficulty translating subject knowledge into practical workplace decisions.
• Inconsistent approaches to the activities covered in the course outline.
• Lack of a structured plan for applying and reviewing new skills.

Course methodology

Participants analyse their own time use, apply prioritisation frameworks, redesign their weekly routines and practise delegation and boundary-setting conversations.

Course objectives

By the end of this course, participants will be able to:
• Analyse current time use and identify productivity barriers
• Prioritise work according to impact and strategic importance
• Plan weeks and days for focus and deep work
• Reduce meeting and email overload
• Delegate and say no constructively
• Manage personal energy and sustain performance

Target audience

This course is suitable for:
• Senior managers and executives
• Department heads
• Senior specialists and consultants
• Project and programme managers
• Executive assistants supporting leaders



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Target competencies

Participants will develop competencies in:

- Prioritisation
- Planning and scheduling
- Focus management
- Meeting efficiency
- Delegation
- Energy management

Course outline

Day 1: Understanding Your Time

09:00–09:54	Time audit methods
09:54–10:48	Urgent versus important work
10:48–11:00	Common time wasters
11:00–11:30	**Coffee break**
11:30–12:12	Common time wasters (continued)
12:12–13:06	Personal productivity style
13:06–14:00	Exercise: Analysing your calendar

Day 2: Prioritisation

09:00–09:54	Prioritisation frameworks
09:54–10:48	Linking tasks to goals
10:48–11:00	Weekly and daily planning
11:00–11:30	**Coffee break**
11:30–12:12	Weekly and daily planning (continued)
12:12–13:06	Handling interruptions
13:06–14:00	Workshop: Building a priority plan



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Day 3: Meetings, Email and Digital Tools

09:00–09:54	Reducing and improving meetings
09:54–10:48	Email and messaging strategies
10:48–11:00	Using digital tools effectively
11:00–11:30	**Coffee break**
11:30–12:12	Using digital tools effectively (continued)
12:12–13:06	Batching and focus blocks
13:06–14:00	Exercise: Redesigning your meeting load

Day 4: Delegation and Boundaries

09:00–09:54	Deciding what to delegate
09:54–10:48	Delegation conversations
10:48–11:00	Saying no constructively
11:00–11:30	**Coffee break**
11:30–12:12	Saying no constructively (continued)
12:12–13:06	Managing expectations of others
13:06–14:00	Role play: Pushing back on a request

Day 5: Energy and Sustainable Performance

09:00–09:54	Physical, mental and emotional energy
09:54–10:48	Breaks, recovery and routines
10:48–11:00	Avoiding burnout
11:00–11:30	**Coffee break**
11:30–12:12	Avoiding burnout (continued)
12:12–13:06	Building new habits
13:06–14:00	Capstone: Personal productivity system

The timings provided are estimates and may vary depending on the number of participants and the discussions taking place during the



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sessions. They are indicative only and do not constitute a binding commitment.

Dates, venues and fees

Current published course plans. Fees are per participant in GBP, excluding unconfirmed taxes.

Venue	Start date	End date	Fee (GBP)
Dubai Confirmed dates	9 Nov 2026	13 Nov 2026	**£3,150.–**
Online Confirmed dates	9 Nov 2026	13 Nov 2026	**£1,250.–**
Frankfurt Confirmed dates	23 Nov 2026	27 Nov 2026	**£2,650.–**
Online Confirmed dates	23 Nov 2026	27 Nov 2026	**£1,250.–**
Kuala Lumpur Confirmed dates	7 Dec 2026	11 Dec 2026	**£1,450.–**
Online Confirmed dates	7 Dec 2026	11 Dec 2026	**£1,250.–**
Paris Confirmed dates	14 Dec 2026	18 Dec 2026	**£2,860.–**
Online Confirmed dates	14 Dec 2026	18 Dec 2026	**£1,250.–**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Istanbul Confirmed dates	11 Jan 2027	15 Jan 2027	**£2,650.-**
Online Confirmed dates	11 Jan 2027	15 Jan 2027	**£1,250.-**
Amsterdam Confirmed dates	25 Jan 2027	29 Jan 2027	**£2,540.-**
Online Confirmed dates	25 Jan 2027	29 Jan 2027	**£1,250.-**
Vienna Confirmed dates	1 Feb 2027	5 Feb 2027	**£2,940.-**
Online Confirmed dates	1 Feb 2027	5 Feb 2027	**£1,250.-**
Singapore Confirmed dates	8 Feb 2027	12 Feb 2027	**£2,820.-**
Online Confirmed dates	8 Feb 2027	12 Feb 2027	**£1,250.-**
London Confirmed dates	22 Feb 2027	26 Feb 2027	**£2,450.-**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Online Confirmed dates	22 Feb 2027	26 Feb 2027	**£1,250.–**
Dubai Confirmed dates	8 Mar 2027	12 Mar 2027	**£3,150.–**
Online Confirmed dates	8 Mar 2027	12 Mar 2027	**£1,250.–**
Frankfurt Confirmed dates	22 Mar 2027	26 Mar 2027	**£2,650.–**
Online Confirmed dates	22 Mar 2027	26 Mar 2027	**£1,250.–**
Cape Town Confirmed dates	5 Apr 2027	9 Apr 2027	**£1,890.–**
Online Confirmed dates	5 Apr 2027	9 Apr 2027	**£1,250.–**
Kuala Lumpur Confirmed dates	12 Apr 2027	16 Apr 2027	**£1,450.–**
Online Confirmed dates	12 Apr 2027	16 Apr 2027	**£1,250.–**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Paris Confirmed dates	26 Apr 2027	30 Apr 2027	**£2,860.-**
Online Confirmed dates	26 Apr 2027	30 Apr 2027	**£1,250.-**
Istanbul Confirmed dates	10 May 2027	14 May 2027	**£2,650.-**
Online Confirmed dates	10 May 2027	14 May 2027	**£1,250.-**
Amsterdam Confirmed dates	24 May 2027	28 May 2027	**£2,540.-**
Online Confirmed dates	24 May 2027	28 May 2027	**£1,250.-**
Cape Town Confirmed dates	31 May 2027	4 Jun 2027	**£1,890.-**
Online Confirmed dates	31 May 2027	4 Jun 2027	**£1,250.-**
Singapore Confirmed dates	14 Jun 2027	18 Jun 2027	**£2,820.-**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Online Confirmed dates	14 Jun 2027	18 Jun 2027	**£1,250.-**
London Confirmed dates	21 Jun 2027	25 Jun 2027	**£2,450.-**
Online Confirmed dates	21 Jun 2027	25 Jun 2027	**£1,250.-**
Dubai Confirmed dates	12 Jul 2027	16 Jul 2027	**£3,150.-**
Online Confirmed dates	12 Jul 2027	16 Jul 2027	**£1,250.-**
Frankfurt Confirmed dates	26 Jul 2027	30 Jul 2027	**£2,650.-**
Online Confirmed dates	26 Jul 2027	30 Jul 2027	**£1,250.-**
Barcelona Confirmed dates	2 Aug 2027	6 Aug 2027	**£2,840.-**
Online Confirmed dates	2 Aug 2027	6 Aug 2027	**£1,250.-**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Kuala Lumpur Confirmed dates	9 Aug 2027	13 Aug 2027	**£1,450.-**
Online Confirmed dates	9 Aug 2027	13 Aug 2027	**£1,250.-**
Paris Confirmed dates	23 Aug 2027	27 Aug 2027	**£2,860.-**
Online Confirmed dates	23 Aug 2027	27 Aug 2027	**£1,250.-**
Istanbul Confirmed dates	13 Sept 2027	17 Sept 2027	**£2,650.-**
Online Confirmed dates	13 Sept 2027	17 Sept 2027	**£1,250.-**
Amsterdam Confirmed dates	20 Sept 2027	24 Sept 2027	**£2,540.-**
Online Confirmed dates	20 Sept 2027	24 Sept 2027	**£1,250.-**
Rome Confirmed dates	4 Oct 2027	8 Oct 2027	**£2,450.-**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Online Confirmed dates	4 Oct 2027	8 Oct 2027	**£1,250.–**
Singapore Confirmed dates	11 Oct 2027	15 Oct 2027	**£2,820.–**
Online Confirmed dates	11 Oct 2027	15 Oct 2027	**£1,250.–**
London Confirmed dates	25 Oct 2027	29 Oct 2027	**£2,450.–**
Online Confirmed dates	25 Oct 2027	29 Oct 2027	**£1,250.–**
Dubai Confirmed dates	8 Nov 2027	12 Nov 2027	**£3,150.–**
Online Confirmed dates	8 Nov 2027	12 Nov 2027	**£1,250.–**
Frankfurt Confirmed dates	22 Nov 2027	26 Nov 2027	**£2,650.–**
Online Confirmed dates	22 Nov 2027	26 Nov 2027	**£1,250.–**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Rome Confirmed dates	29 Nov 2027	3 Dec 2027	**£2,450.-**
Online Confirmed dates	29 Nov 2027	3 Dec 2027	**£1,250.-**
Kuala Lumpur Confirmed dates	6 Dec 2027	10 Dec 2027	**£1,450.-**
Online Confirmed dates	6 Dec 2027	10 Dec 2027	**£1,250.-**
Paris Confirmed dates	13 Dec 2027	17 Dec 2027	**£2,860.-**
Online Confirmed dates	13 Dec 2027	17 Dec 2027	**£1,250.-**



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Plan your next step

Dates, availability, exact venue, taxes, inclusions and payment terms require written confirmation. This brochure is not a quotation, registration, booking confirmation or visa invitation. Participants receive a Smart Horizon UK certificate of attendance; programmes are not externally accredited and do not award a professional qualification or designation. Confirm arrangements before booking travel.

For group or in-house training, contact our learning team to discuss your objectives and delivery arrangements.

Contact Smart Horizon

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View the latest course details online