

Abstract by Jayson Moran

Title: Procrastination from many angles: An applied approach to a common problem.

Description.

We all do it. Those we help do it. In fact - we might even procrastinate about doing something about it. Over 80% of us procrastinate regularly, with some of us to the point where it has detrimental effects on important life areas like our relationships, finances and career.

This talk hopes to demonstrate how to come at the problem of procrastination from multiple angles, using multiple models, to help get you and those you help moving.