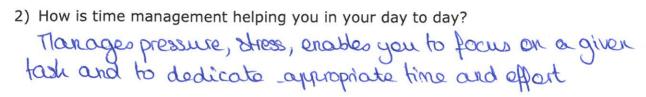
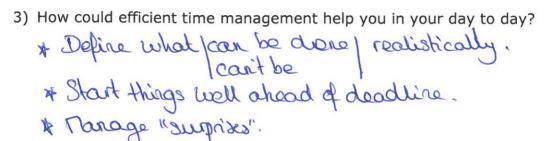
## **QUESTIONARIE**

1) Based on your own opinion and experience, what do you think time management is and what does it involve?	
Time Tlanagement - how to prioritise, dedice your time to various tasks lactivities, manage gation list, (and therefor stress)	ote Jour





4) Based on your previous answer, define a personal objective for these workshops

To have methodic ways of managing work time

- 5) How could effective time management help your colleagues in their day to day?

  \*\* Better teamwork if we have dedicated time to certain tasks.

  \*\* There control of "regular" situations which make a crisis less "dramatic"
- Based on your previous answer, define a group objective for these workshops