

The Pathway from Procrastination to Productivity

A recent co-authored study by Dr Joseph Ferrari of De Paul University claims that 70% of college students identify as chronic procrastinators. Chronic procrastination can be characterised by a persistent sense of shame, low self-esteem, depression and attention deficiency disorder. This and other studies demonstrate the seriousness of procrastination and its potential to prevent students achieving their academic and personal potential. Chronic procrastination not only has implications for the individual student but educational communities. In my role as personal performance & development coach I work with many domestic and international students who seek support to manage and overcome the challenges of procrastination. My presentation considers the causes and consequences of procrastination and other self-sabotaging behaviour patterns. The presentation will be enhanced by providing a practical workshop employing strategies that produce effective and successful outcomes to manage the effects of procrastination.