

***Wait!***  
***Why You Procrastinate***  
***&***  
***What You Can Do About It***

**Agenda**

This program is broken down into three distinct topical areas all focused teaching you about procrastination and demonstrating techniques to reduce it's negative effects. During the 60-presentation, we will cover:

00:00 to 05:00	Opening
05:00 to 20:00	Fun Facts About Procrastination
20:00 to 40:00	Education: Why You Procrastination
40:00 to 55:00	Techniques: What You Can Do About Procrastiantion
55:00 to 60:00	Q&A and Closing