

Craig Bodoh of Personal Effectiveness Plus to be Featured on CUTV News Radio

WAUWATOSA, WISCONSIN, USA, September 12, 2016 /EINPresswire.com/ -- Time keeps ticking away. The phone is ringing off the hook, the e-mails are coming at you from left and right, and your boss needs that important document right away. What do you do? Most people go into reaction mode and focus on the urgent thing right in front of them.

If you were to evaluate exactly how much of your time is spent in reaction mode, it would likely be a significant percentage of your day. So what are the choices, conscious and unconscious, you're making throughout your day? Because managing our time better is ultimately about a change in behavior.

Craig Bodoh is the founder of Personal Effectiveness Plus, a personal development coaching practice specializing in time management. Bodoh is a trained time management consultant who has helped hundreds of people begin a path to a fuller, richer life.

"Time management is an oxymoron. It doesn't exist," says Bodoh. "There is only self-management. Self-management is the process of maximizing our time, energy and talents to achieve worthwhile goals."

Everyone has been given the same amount of time, but some people seem to get so much more done. Why? Because they have learned how to manage their time rather than letting their time manage them.

But very few of us plan our day. According to Bodoh, if you don't know to use a planning system outside of your brain, you're prone to react the entire day.

"Time management when I first started was a Franklin day planner," recalls Bodoh. "This was long before smartphones and even computer, but there was a methodology to how you use your time and energy."

Personal Effectiveness Plus's time management workshops are interactive, intense training sessions





What is your time really worth?

Craig Bodoh

that will get you or your staff motivated and equipped to begin using their time more fully.

“We need to achieve some balance. We cannot always be reacting and depleting our resources,” says Bodoh. “As a coach, I get to help people use their life energy a little bit better. It’s about being very clear what you’re trying to do and

what you intend to have in your life. What is your time really worth?”

CUTV News Radio will feature Craig Bodoh in an interview with Doug Llewelyn on September 14th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#)

If you have a question for our guest, call (347) 996-3389.

For more information on Personal Effectiveness Plus, visit <http://www.gainingtime.com>.

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