



Professional Development Series

TEDx Event: How to Gain Control of your Free Time

CREW Inland Empire is featuring quarterly lunch & learn type Professional Development trainings in 2019 to sharpen your skills in the marketplace.

Our Q3 2019 program will focus on how you can control your free time via a TEDx video and discussion:



There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives, and she's discovered that many of us drastically overestimate our commitments each week, while underestimating the time we have to ourselves. She offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got."

Date: Tue. August 6, 2019

Time: 11:30 AM to 1:00 PM

Training begins at Noon – Box Lunch provided

Location: Goldy S. Lewis Community Center at Central Park

Room: Creative Corner

11200 Base Line Rd, Rancho Cucamonga, CA

Register at www.crew-ie.org/events

Pricing

Members: \$20;

Non-Members: \$40

Students: \$15

2019 CHAPTER SPONSORS

