

**Projects! Calendars!  
Tasks! Time! Scheduling!**

# **Strategies & Mindsets to Protect Your Time, Energy, & Attention in an ~~Exciting~~<sup>EGG</sup> Way**

**Friday, April 24th  
1:00 - 3:00 pm**

Learn how to strategically approach the stresses and pressures of the projects, the people, and the many particulars of life in this practical and energizing workshop. When you put the ideas you'll learn into practice, you will more successfully progress through your life and career (including when there's not a pandemic!).

Known as the PhD of Productivity®, Meggin McIntosh has been working with graduate students, post-docs, researchers, and professors for the last 25 years. Meggin was an award-winning professor and founding director of the faculty development program at the University of Nevada, Reno.



## **Webinar Registration: [bit.ly/hhmi-mcintosh](https://bit.ly/hhmi-mcintosh)**

I've attended many workshops over the years (some helpful, some not so much), but Meggin's are consistently helpful. She's knowledgeable about our reality and gives us practical, concrete strategies that we can use.

I leave Meggin's time management workshops inspired to do better. And if I have questions in my quest to do better, I can always email and ask her for a refresher suggestion. I appreciate that.

### **FUNDING AND SUPPORT**

Howard Hughes Medical Institute (HHMI)  
Dept. of Physiology and Biophysics  
SOM Office of Graduate Studies  
COHS Office of Diversity & Inclusion  
GPS-STEM

**Look out for a pre-webinar questionnaire after you register!**

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