



Hi! I'm Christina Majoinen, and I love helping people to find the right tools to:

- ✓ live playful, confident, organised lives
- ✓ be more productive
- ✓ bring work and life into harmony

I have been teaching adults since 2011, and over the years have put special effort into breaking down big ideas, and facilitating discussions where everyone's input is welcome and valued.

My workshops:

- ✓ run for four hours (3.5 hours plus a 25-minute break)
- ✓ start at \$1,895, plus \$20 per participant for materials (for workshops in metropolitan Melbourne)
- ✓ focus on actionable tools that are proven to work for real people
- ✓ are interactive and personalised: each participant will leave with an action plan for implementing what they have learned



"Christina was able to keep the whole group engaged fully the entire time of the session. I think it was the most participatory workshop I have attended."

–Reeta, workshop participant

To discuss booking a workshop, please email me at christina@projecttgl.com.

WORKSHOP RANGE

FIND YOUR FLOW

"Flow" is what happens when you become so absorbed in something that everything else falls away. It is a highly productive – and highly enjoyable – psychological state. If you have ever looked up from the book you were reading, the work you were doing, or the conversation you were having only to realise that *hours* have flown by – how did that happen!? – then you have experienced flow.

But did you know that it's possible to organise your working day to make flow happen more often? In this workshop, we look at the five elements of flow, your personal flow triggers, and simple tools for crafting a more productive and enjoyable working week.

“The activities really allowed for self-reflection which made the whole course relevant to my life. You could tell that Christina is passionate about these topics and very knowledgeable as well.”

–Renee, workshop participant

ROCK THE ROUTINE

In this workshop, we look at different ways to reduce your mental load. You'll create an action-plan for getting all that day-to-day stuff off your mind so that you can focus on what really matters.

We'll look at delegating and outsourcing, at using systems to do your thinking for you, and at how the right habits can set you up to live a freer, better, more focused life. We'll explore proven ways to form habits that actually *work*. You'll leave feeling motivated and energised, with a clear plan for your next steps.



TWEAK YOUR WEEK

(think like a productivity superstar, and still have a life)



Productivity doesn't have to be difficult or boring. When it's done right, it makes life more fun, helps you feel confidently on-top-of-things, and gives you more headspace for your true priorities. And it's easier than you think.

In this workshop, you'll learn how to: think like a personal assistant (manage your commitments with clear-headed confidence), think like a game developer (work quickly, flexibly, and iteratively), and think like a project manager (turn big projects and goals into concrete action plans). You'll leave this workshop with a raft of productivity tools that are easy to put into practice, and a personal plan for changes you will make to become a productivity superstar. Go you good thing!

“I am always interested in developing new ways to work more effectively and the session provided me with the opportunity to do so. Christina knew the content well and discussed the topics clearly and in a way that was easy to follow. I really liked that the workshop gave me an opportunity to think about the parts of my work that I enjoy the most and the parts that I lack motivation for, and therefore need to develop effective strategies for.”

–Hayley, workshop participant