

Group Discussion
Assigned question

Group 1

What are the biggest distractions for you during the day?
When do they occur?

Group 2

How do you feel when you realize you have wasted time or been distracted?

Group 3

Have you tried any strategies to manage distractions?
Did they work?

Group 4

What could you try starting tomorrow to better protect your time?

Suggested procedure:

- Each group discusses for 10–15 minutes.
- A spokesperson or all members share their ideas in a plenary session.
- The trainer can write a summary on a blackboard or flipchart.