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The PEP program has helped me become more confident as a person, as well as in my role, by learning that I have control of my workload and I will perform according to how I manage my workload.

I did PEP because I wanted to become more confident in being able to handle the tasks given to me in my role. I tended to sit on tasks that are more challenging than usual. PEP helped me to tackle the task as it arises to prevent crises' later –DO IT NOW, DECIDE NOW! Learning how to reply sooner rather than later to emails/calls etc.

I am better able to prioritise – in which quadrant to place the tasks at hand –URGENT/IMPORTANT

PEP also helped me trust myself and others as I now diarise everything that needs to be done, preventing possible crisis situations of having the task slip my mind. I am able to complete more tasks in the extra time created in my day by being more efficient, making for a less stressful week ahead, as the task list gets shorter and shorter.

PEP helped my team address the issue of distractions and interruptions – we developed a tool to help us. Learning how to give and take with each other prevents interruptions from other teammates. Having all staff using the same streamlined office practices makes for a smoother flowing, coordinated team to implement and carry through corporate strategies.

PEP is very practical which makes it so much more powerful. I quickly saw the benefit take shape over the course of the first day when we re-arranged our desks. The fact that there is 1 on 1 and time between lessons means it is an ongoing process to learn not just a theory to listen to in one day and forget the next. The facilitator assessing your office environment makes all the difference.

The 1-on-1 with the PEP Coach very valuable – it becomes more personal and the want to impress the coach also helps achieve your personal achievements.

The time-spacing of the program over a period of weeks was also very valuable – it gives you time to reflect and implement the theories and then show the improvements in the 1 on 1.

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