

NEW



SAICE Academy Mastering Soft Skills as an Engineering Professional – The Deadly Sins of a Procrastinator

0,1 CPD POINTS

SAICEEL26/04229/29

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The Deadly Sins of a Procrastinator

Presented By: SAICE Volunteers
Fully On-Line

The Illusion of Productivity: Are You Busy or Just Avoiding?

It looks like productivity: your day is a whirlwind of activity, movement, and ticked-off tasks. But deep down, you know the truth. You are doing everything except what truly matters. The important work sits untouched while you reorganize your desk for the third time. This is procrastination in its cleverest disguise.

"Procrastination isn't laziness. It's a sophisticated trap disguised as productivity, quietly stealing your time and energy."

This insightful course, **"Mastering Soft Skills for Engineering Professionals: The Deadly Sins of a Procrastinator,"** uncovers the hidden psychological patterns that keep you stuck in cycles of delay and self-sabotage. Recognizing them is the first step toward breaking free and reclaiming your focus.

The Seven Deadly Sins of a Procrastinator

You don't need another planner, app, or productivity hack. The issue isn't how you manage your time; it's how you deceive yourself about what you're actually doing with it. Procrastination is a form of self-deception, and this course gives you the tools to see through the lies you tell yourself.



SCAN TO PURCHASE
BOOKS

Sin	The Trap	The Truth	
Sloth	The Motivation Myth: Waiting for inspiration or the “right mood” to strike.	Motivation is a result of action, not a prerequisite for it.	
Envy	The Spectator Syndrome: Studying others’ success instead of creating your own.	Studying success is easier than creating it, but it is also unproductive.	
Pride	Too Perfect to Start: Refusing to begin because you fear the result won’t be good enough.	Every expert was once a beginner. Every masterpiece began as a rough draft.	
Wrath	Harsh Self-Criticism: Using self-criticism as a motivator, which backfires into self-sabotage.	Breaking the cycle requires compassion, not criticism.	
Gluttony	Information Overload: Endlessly consuming content without ever applying it.	Knowledge without action is a form of sophisticated procrastination.	
Greed	The Scarcity Mindset: Believing you need more—more time, more resources, more information—before you can start.	You will never have perfect conditions. The time to start is now.	
Lust	The Comparison Trap: Lusting after others’ results and feeling paralyzed by inadequacy.	Comparing your beginning to someone else’s middle is a recipe for inaction.	

The Path Forward: Four Steps to Break the Cycle:

1. **Recognize the Pattern:** Identify which of the seven sins shows up most in your life.
2. **Understand the Psychology:** Learn why these patterns exist and how they operate.
3. **Build Systems, Not Willpower:** Create systems that make action automatic and reduce reliance on motivation.
4. **Start Small, Start Now:** Discover the power of taking immediate, imperfect action.

Who Should Attend?

This course is for any professional tired of the endless cycle of delay, stress, and last-minute panic.

If you are ready to stop being busy and start being effective, this program will provide the clarity and tools you need to conquer procrastination and unlock your true potential.

Course Benefits for Engineering Professionals

Enrol now and redefine your professional journey!

- No need to take any time off work
- No travel and or accommodation costs
- No lost productivity costs