

Post course resources – How to stop your workload controlling you and actually get through your to do list

Qurterdeck

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1 Further resources

- Video - <https://www.youtube.com/watch?v=SqGRnIXplx0>
- Reading Loehr & Schwartz 'The Power of Full Engagement' and 'Atomic Habits' by James Clear
- Webpage - <https://uk.indeed.com/career-advice/career-development/managing-workload>
- Reading - Deep Work - Cal Newport

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