

# Identify and Overcome Your Productivity Pitfalls

Spring 2023

**Wednesday, April 5**  
**11:30 am - 12:45 pm**  
**Online Event**

Join Dr. Kate Henry (Productivity Coach) to identify the common productivity pitfalls (distraction, boundaries, overcommitting, multitasking, etc.) that might be preventing you from progressing during your writing, research, or work sessions. Dr. Henry