

For New Managers: Giving You the Focus to Get Things Done

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Synopsis

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Focus for New Managers will help you with the Imposter Syndrome. Giving you the focus to get things done.

Time Management should be simple, not complicated. Discover 10 strategies that will help you, including sleep, food, distractions, and your brain. This is based on one to one work with clients worldwide.

A lack of focus for a new manager can lead to feeling like a fraud and the Imposter Syndrome. Manage the internal critic. Phil is a hypnotherapist and NLP Coach based in the UK.

Reader's comments

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