

# CERTIFICATE COURSE

## ESCAPE THE PROCRASTINATION TRAP

# PROCRASTINATION



This course is about understanding why

# Breaking Free from Procrastination: Emotional Tools for Healthier Living, Working, and Relating

**NO OF HOURS: 10 HOURS**

**SCHEDULE: WEEKLY SESSIONS (2 HOURS PER SESSION)**

**ONLINE DELIVERED VIA ZOOM**

**FEE:RS.2000+GST**

**CONTACT:7204308070**

We all have dreams. Maybe yours is to write a book, paint a canvas, record an album, or start a creative project that's been sitting in the back of your mind for years.

And yet, for many of us, those dreams remain unfinished. Not because we don't care, but because something gets in the way: **PROCASTINATION**

Procrastination is often misunderstood as a time-management issue or lack of willpower.

In this course, you'll learn how to:

- Trace procrastination back to childhood messages about creativity.
- Recognize shame-based beliefs and perfectionism that block your progress.
- Reframe those beliefs with compassion and inner child validation.
- Connect your creativity with joy, confidence, and belonging.
- Build sustainable practices and boundaries that nurture growth.

Procrastination is better understood as a flight response—a way the brain learned to escape stress or danger.

Procrastination was never about laziness—it was about survival.

Shame-based procrastination is fueled by lies we internalized as children. Healing requires more than willpower—it requires rewriting the story we tell ourselves.

**WHAT IS YOUR WHY  
EXPLORE WITH US**