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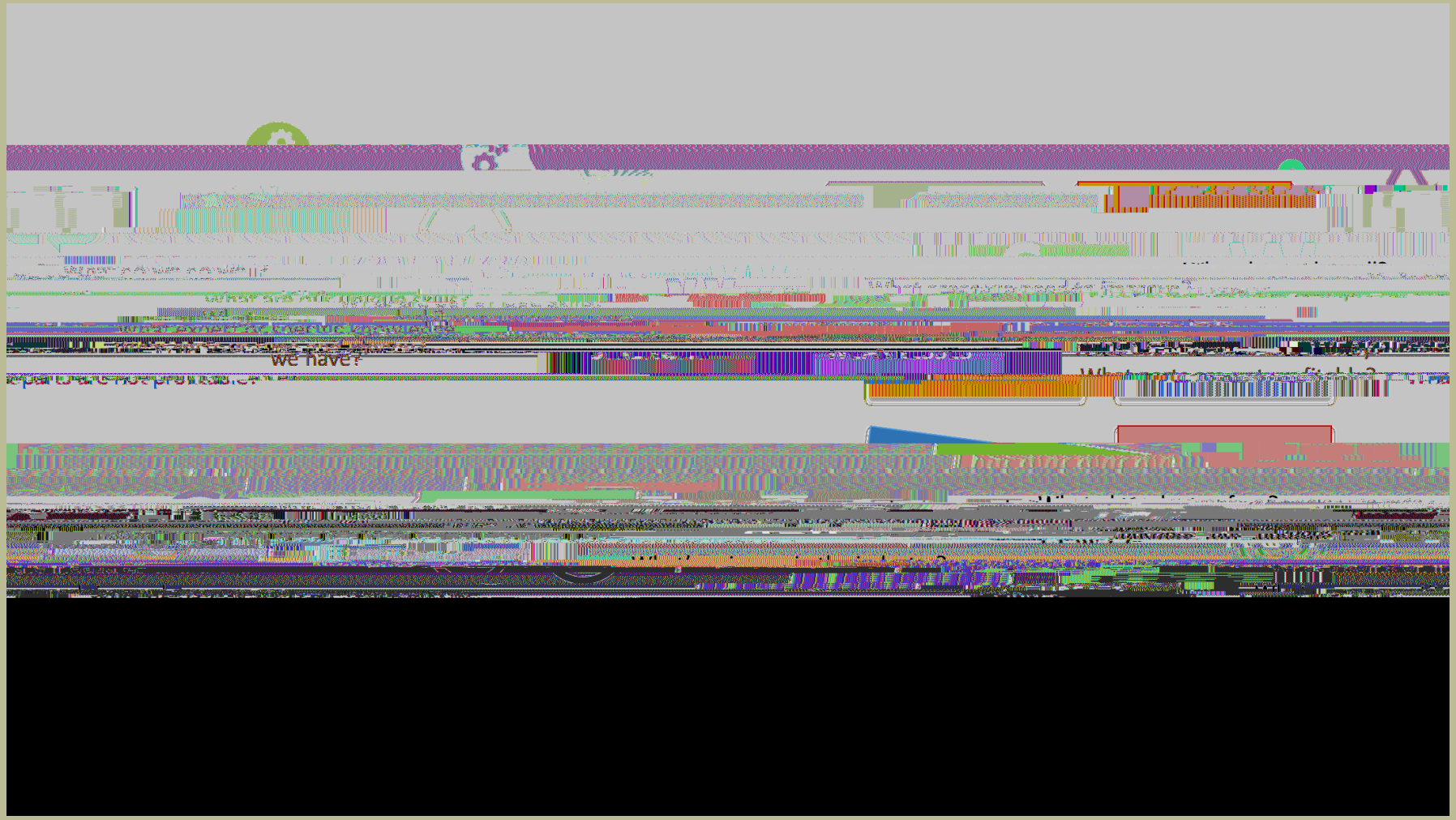
HOW TO COMPLETE A SWOT



Although the number one benefit is more business, which means more income, a more e□ective time management will allow your business to increase work accomplished in a work day, identify critical areas for attention, identify tasks to be delegated to employees, and keep track of the progress towards business goals. a more e□ective time management will not only benefit the business but also you. Specifically, it will allow you to be more focused on key tasks, be more organised, reduce stress, and leave you with more time for family, friends, and hobbies.

A very e□ective, yet simple, solution to optimise you time is the Pomodoro Technique. The Pomodoro Technique was developed in the late 1980s by then university student Francesco Cirillo. Cirillo was struggling to focus on his studies and complete assignments. Feeling overwhelmed, he asked himself to commit to just 10 minutes of focused study time. Encouraged by the challenge, he found a tomato (pomodoro in Italian) shaped kitchen timer, and the Pomodoro technique was born.