



**Rev. Charissa  
Jaeger-Sanders**

Rev. Charissa Jaeger-Sanders, a United Methodist clergy-person and writing coach, is a GTU doctoral student with the Center for Dharma Studies. While working on her Ph.D., she simultaneously balances three part-time jobs and has therefore, learned many strategies and cultivated myriad skills in order to make time-management a priority.

# TIME MANAGEMENT

## JST WRITING PROGRAM WORKSHOP

Do you ever struggle with time management? Are there times when the task seems too big or there seem to be too many things to do or too much in life to balance? Take a deep breath. You are not alone. Come and be in conversation and learn how to lean-in to your natural rhythms, set manageable goals, and develop skills and disciplines to better manage your time and the demands of life in a wholistic manner which resonate with who you are and how you are wired.

**OCT. 19, 2022**  
**3 - 4 PM PST**  
**ZOOM**

REGISTRATION:  
**LDUNN@SCU.EDU**