Mastering GTD: 1-Week Productivity Transformation Course

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Milan (Italy)



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Why This Course

Professionals today manage a constant stream of tasks, emails, meetings, ideas, deadlines, decisions, and personal commitments. Without a trusted system, it becomes easy to feel overwhelmed, lose focus, forget important actions, or spend too much mental energy trying to remember everything.

David Allen's Getting Things Done methodology offers a practical and reliable approach to managing work and life commitments with greater clarity and control. GTD helps participants capture everything that has their attention, clarify what it means, organize it into a trusted system, review it regularly, and take action with confidence.

This intensive 1-week course provides a comprehensive introduction to the GTD methodology. Through hands-on exercises, guided setup activities, practical examples, and personal productivity planning, participants will build a customized system to manage tasks, projects, ideas, and commitments more effectively while reducing stress and improving focus.

What You'll Learn and Practice

By joining this program, you will:

- Understand the core principles and benefits of the GTD methodology.
- Apply the five stages of GTD: capture, clarify, organize, reflect, and engage.
- Develop a trusted system for managing tasks, ideas, projects, and commitments.
- Set up effective capture tools and inboxes.
- Clarify captured items and define clear next actions.
- Break complex projects into manageable outcomes and steps.
- Organize project lists, action lists, reference materials, and support files.
- Use context-based next action lists to improve focus.
- Apply the two-minute rule to reduce small-task buildup.
- Conduct effective daily and weekly reviews.
- Align daily actions with broader goals, values, and priorities.
- Integrate GTD with digital tools, apps, and team environments.
- Build long-term productivity habits for sustained results.



The Program Flow

Day 1: Introduction to GTD and Capture

- Overview of GTD principles and benefits.
- Understanding why mental clutter reduces focus and productivity.
- The five stages of GTD: capture, clarify, organize, reflect, and engage.
- Identifying commitments, tasks, ideas, and open loops.
- Setting up capture tools and inboxes.
- Practicing the art of ubiquitous capture.
- Practical exercise: Building a complete capture system for work and personal commitments.

Day 2: Clarify and Organize

- Processing captured items effectively.
- Deciding what each item means and what action is required.
- Determining next actions and desired outcomes.
- Creating and managing project lists.
- Organizing reference materials and support files.
- Structuring action lists, waiting-for lists, someday/maybe lists, and calendar commitments.
- Workshop: Processing an inbox and building a trusted organization system.

Day 3: Engage and Review

- Implementing context-based next action lists.
- Choosing the right action based on context, time, energy, and priority.
- Mastering the two-minute rule.
- Conducting effective daily and weekly reviews.
- Keeping the system current, complete, and reliable.
- Aligning actions with higher-level goals and values.
- Practical exercise: Designing a personal weekly review routine.

Day 4: Advanced GTD Techniques

- Managing multiple projects and deadlines.
- Keeping project plans, next actions, and support materials connected.
- Integrating GTD with digital tools and productivity apps.
- Handling interruptions and unexpected tasks.
- Applying GTD in team environments.
- Managing shared commitments, follow-ups, and collaborative projects.
- Workshop: Customizing GTD for complex work and team settings.



Day 5: GTD Mastery and Long-Term Success

- Fine-tuning your personal GTD system.
- Overcoming common GTD challenges and pitfalls.
- Building habits that keep the system simple and sustainable.
- Maintaining inbox zero and a clutter-free workspace.
- Using GTD to reduce stress and improve work-life balance.
- Creating a personal action plan for continued growth.
- Final activity: Presenting a personalized GTD productivity system and implementation plan.

Individual Impact

- Reduce stress and mental overload by using a trusted productivity system.
- Improve focus by always knowing the next action.
- Increase personal productivity and follow-through.
- Build confidence in managing tasks, projects, and commitments.
- Improve work-life balance through better organization and review habits.
- Develop practical routines for maintaining clarity and control.

Work Impact

- Improve task completion, prioritization, and deadline management.
- Reduce missed commitments and unclear follow-ups.
- Improve meeting preparation, project tracking, and daily execution.
- Strengthen collaboration through clearer next actions and responsibilities.
- Reduce productivity loss caused by distractions and information overload.
- Build a more organized, focused, and accountable work environment.

Training Methodology

This program uses a practical and hands-on approach to help participants build and apply their own GTD system during the course. Learning methods include:

- Interactive discussions and guided facilitation.
- Personal productivity self-assessments.
- Capture and inbox setup exercises.
- Clarification and next-action practice.
- Project list and action list development.
- Daily and weekly review simulations.
- Digital tool integration activities.
- Peer reflection, facilitator guidance, and personal action planning.



Beyond the Course

Upon completion, participants will be equipped to manage tasks, projects, and commitments with greater clarity and control. They will return ready to:

- Capture and organize all commitments in a trusted system.
- Maintain inbox zero and a cleaner workspace.
- Break projects into clear next actions.
- Conduct regular reviews that keep priorities visible.
- Reduce stress caused by mental overload.
- Improve productivity, focus, and work-life balance through consistent GTD habits.

