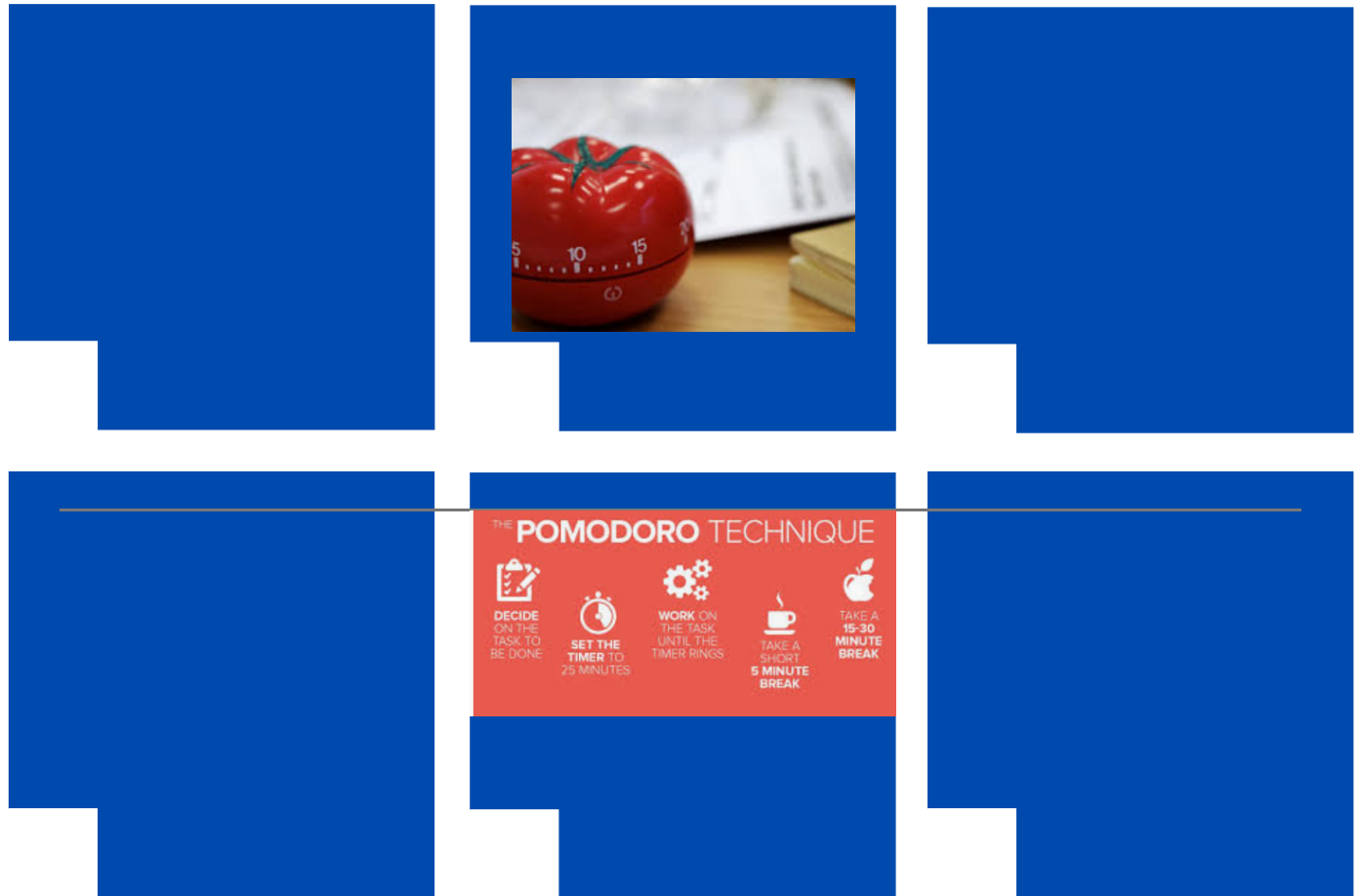


a few notes

Topic: The Pomodoro Technique



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

In today's new normal, time management is a crucial tool. Today's employee check-in, discusses the Pomodoro Technique which is a time management method developed by Francesco Cirillo in the late 80s. This technique uses a timer to divide work intervals into 25 minute sessions followed by a short break. The Pomodoro technique increases productivity and creativity. It also allows more time for frequent or regular breaks resulting in improvement of one's mental agility.

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