



BEAT PROCRASTINATION BEFORE IT BEATS YOU

Join us!
FOR TEENS
AGED 14 – 18

You're not lazy. You're stuck in a loop. The good news? Loops can be interrupted – and you can learn how.

A PRACTICAL WORKSHOP FOR TEENS AGED 14–18

Procrastination often happens when your brain tries to escape an uncomfortable feeling – stress, boredom, uncertainty, overwhelm, or the fear of getting it wrong. The temporary relief you get from putting something off can make the cycle even harder to break. It's why you can genuinely mean it when you say "I'll start tonight" – and still end up in exactly the same place the next day.

This hands-on workshop helps you understand why you procrastinate, what keeps the loop going, and how to interrupt it – with realistic tools that make starting easier.

WORKSHOP HIGHLIGHTS

Work on something real.

Bring a task you've been avoiding. The task you choose at the beginning of the workshop is the one you'll start before you leave.

No pressure to share.

Through guided reflection, real-life examples, exercises, and individual planning, you'll figure out what gets you stuck – without being required to share anything personal with the group.

Psychology you can actually apply.

Understand what's happening in your brain when you procrastinate – and turn that knowledge into practical tools

Date:

Sunday, October 4th, 2026

Time:

10am – 2pm

(includes a short break and refreshments)

INVESTMENT

AED 575 + 5% VAT per person.
Spaces limited.

LOCATION

The LightHouse Arabia
821 Al Wasl Rd., Al Safa 2, Dubai

REGISTER AT

lighthousearabia.com/events

FACILITATED BY



Dr. Scott Whitfield, DSportExPsy (UK)
SPORT AND EXERCISE PSYCHOLOGIST
Performance Coach



A YOUTH INITIATIVE

POWERED BY



THE LiGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com



A YOUTH INITIATIVE

What you will walk away with:

Before You Leave

One thing you've been avoiding – actually started. Not talked about. Not planned for "later." Started in the room.

A clear plan for what happens next: your first step, when and where you'll do it, and who can help keep you on track.

By Next Week

A weekly plan built around your real life – including a stripped-back version for the weeks when everything goes off track.

A way to turn "I'll do it later" into what you'll do, when and where you'll do it, and for how long.

Whenever you get stuck again

Understand your procrastination triggers and what works for you – rather than relying on generic advice.

5 different ways to get into a task when you're stuck, practiced on something real rather than explained on a slide.

Know how to get back into it when you fall off track – without one missed session turning into giving up altogether.

Underneath all of it, you'll learn why your brain can trade a long-term goal for immediate relief, why your phone wins that trade so easily – and why confidence often follows action rather than arriving first.

WORKSHOP FEATURES

Practical, Not Theoretical

Live timed practice, case discussion, and guided planning – students start a real task in the room.

Private by Design

All personal work stays in the workbook. Sharing is always optional.

Led by a Psychologist Specializing in High Performance



THIS WORKSHOP IS SUITABLE FOR:

- Students aged 14–18
- Anyone who leaves work until the last possible night and knows it isn't working
- Students facing exams, coursework deadlines, or university applications
- High achievers whose perfectionism has turned into avoidance
- Students who start well and stall halfway
- Anyone who has decided the problem is that they are lazy – they almost certainly aren't.

PARTICIPANTS WILL RECEIVE:

- A printed workshop workbook to keep
- A completed 24-hour 24-hour plan to get your task moving
- A weekly schedule template and a worked sample
- Certificate of Attendance (4 hours)

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