THE NEUROSCIENCE OF PROCRASTINATION

HOW BRAIN SCIENCE CAN HELP LEADERS BE MORE PROACTIVE AND PRODUCTIVE

By Eugene Y.J. Tee and Choy Tsee Leng

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Preparation

When leaders procrastinate, the delay often results in poor, sometimes even catastrophic, outcomes. For example, last week’s pre-printed presentation notes were due yesterday, and the person who was supposed to bring them was out sick. Your colleague comes in a short while after you opened the PowerPoint file to ask about her weekend. You join her for a quick chat on the water cooler. When you return to your desk, you see numbers with lots of decimal places, which are probably not your final answer. Your boss asks you about your progress, and you realize that you are running behind in a project. Your colleague comes in a short while after you opened the PowerPoint file to ask about her weekend. You join her for a quick chat on the water cooler. When you return to your desk, you see numbers with lots of decimal places, which are probably not your final answer. Your boss asks you about your progress, and you realize that you are running behind in a project. Your colleague comes in a short while after you opened the PowerPoint file to ask about her weekend. You join her for a quick chat on the water cooler. When you return to your desk, you see numbers with lots of decimal places, which are probably not your final answer. Your boss asks you about your progress, and you realize that you are running behind in a project.

Eugene Y.J. Tee is a senior lecturer at HELP University. His interests encompass interdisciplinary perspectives to many fields. Our brains are shaped by our experiences, and each experience leaves a neural footprint, so our thoughts and behaviours.

The Neuroscience of procrastination can be managed despite having a neural or genetic susceptibility to it – especially if we become more aware of how our environments trigger our tendencies to procrastinate. Knowing how procrastination can help us in its management, which includes reframing or breaking timelines into manageable chunks.

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Anxiety

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