

# BEAT PROCRASTINATION



## JOAN HUNG

NATIONAL GOALBALL ATHLETE  
WORKSHOP LEADER | SPEAKER



## CONTACT

team@controllables.sg  
9221 4705  
www.controllables.sg

### DESCRIPTION

#### How to Beat Procrastination and Reach Your Goals

Procrastination is a common challenge that affects many aspects of our lives, from work and academics to personal projects and goals. It often leads to stress, missed opportunities, and unfulfilled potential. The good news is that procrastination is a habit that can be overcome with the right strategies and mindset.

Drawing from personal insights and experience, Joan will help us recognize the signs and stages of procrastination, understand the root causes of procrastination and most importantly, share strategies to overcome it and increase productivity.

### ABOUT JOAN...

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Joan was one of the recipients for the Goh Chok Tong Enable Awards 2021.

Joan's Goalball team created history when they won the Silver medal at the ASEAN Para Games 2022. This is the first women's para team in Singapore that medalled in an international competition.

She has led several varsity dialogue sessions, discussing issues centred around Inclusion & Resilience, and was a third party advocate for the United Nations 16th Conference of State Parties for the Convention on the Rights of Persons with Disabilities

Joan works closely with at-risk youths, as a facilitator for a Resilience program, Control Your Controllables.