**PROFILE** FEAT*U*RE

WITH

KADIRI IMHOESI IMHOESI.

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| **TEMPLATE** |
| Please help me Welcome our special Guest today, Kadiri Imhoesi Imhoesi. Kadiri Imhoesi is a student at York university. He studies Business Management at Keele Campus. |

A Man himself, Kadiri Imhoesi Imhoesi

Description automatically generated

**Kadiri Imhoesi Imhoesi.**

"Time, the elusive currency of life, is not merely a ticking clock but the essence of opportunity. Mastering time management is the art of investing our moments wisely, for each well-spent second is a brushstroke on the canvas of our success and fulfillment."

~Kadiri Imhoesi Imhoesi

**Profile Feature Template**

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| **Introduction:** | In our fast-paced world, mastering time management is a challenge that resonates with individuals from all walks of life. Recognizing the impact of efficient time utilization on productivity and satisfaction, this profile feature delves into the experiences and insights of Imhoesi, is a family member to me who grapples with the complexities of time management. This exploration is not only a personal narrative but also a gateway to understanding a pervasive issue in our community.  In the following narrative, we delve into the personal chronicles of Imhoesi, seeking not only to understand the individual nuances of their time management journey but also to unravel broader insights into a challenge that resonates within our community. Time management isn't merely a logistical puzzle but a deeply rooted aspect of our overall well-being, influencing our productivity, satisfaction, and the pursuit of our goals.  As we navigate through Imhoesi's story, we concurrently draw upon relevant research, notably from Oettingen, et al., (2015) and Meeker (2022), to enrich our comprehension of the multifaceted nature of time management. The convergence of personal narrative and academic insights creates a comprehensive portrait of an issue that touches the lives of all individuals, fostering a collective endeavor toward enhanced time utilization and, subsequently, a more fulfilled existence. |
| **Body:** | Imhoesi unfolds a narrative that mirrors the intricate dance between time and tasks, sharing deeply personal challenges and triumphant moments. As they recount their journey, a relatable narrative emerges, echoing the struggles many individuals face in the relentless pursuit of mastering time.  One of the key challenges Imhoesi highlights is the pervasive tendency to underestimate the time required for tasks. This resonates with Oettingen, et al., (2015), which identifies a common human tendency to overlook the temporal demands of projects. The article suggests that this underestimation, coupled with a focus on immediate but smaller outcomes, contributes to the overarching challenge of effective time management.  Procrastination, a formidable foe in the battle for time, also emerges prominently in Imhoesi's story. The struggle to initiate tasks and overcome the allure of delaying important actions is a shared experience. Oettingen, et al., (2015) delves into the psychology of procrastination, explaining that people tend to prioritize tasks with smaller, sooner outcomes due to a discounting of future consequences. This insight reinforces the universality of procrastination as a time management challenge.  To tackle these issues, Imhoesi introduces their approach to time management, offering a personal take on strategies that have proven effective. As we delve deeper, Oettingen, et al., (2015) provides a theoretical framework for an alternative strategy – Mental Contrasting with Implementation Intentions (MCII). This technique involves envisioning a desired future, contrasting it with present realities, and formulating specific plans to overcome obstacles. The conscious and deliberate nature of MCII taps into cognitive and motivational mechanisms, providing a potential breakthrough for more effective time management.  Adding another layer to our exploration, Meeker (2022) provides insights into the role of deadlines in shaping time management behavior. Contrary to conventional wisdom, the absence of a deadline doesn't always lead to procrastination. In fact, it can instill a sense of urgency, prompting quicker task completion. These findings challenge preconceived notions about the relationship between deadlines and productivity, highlighting the nuanced nature of time management.  As we intertwine Imhoesi's personal narrative with research insights, a comprehensive picture of the time management landscape emerges. The challenges faced by Imhoesi's align with documented patterns, and the strategies they employ resonate with the theoretical frameworks proposed by research. This synergy emphasizes the multifaceted nature of time management, and the varied approaches individuals may adopt to navigate its complexities. |
| **Conclusion:** | In drawing this profile feature to a close, Imhoesi's and I session becomes a mere speck of the larger struggle with time management within our community. The amalgamation of personal experiences and research-backed strategies underscores the urgency of addressing this issue. Time management is not just a personal challenge but a communal endeavor, and Imhoesi's story serves as a testament to the resilience required to overcome its hurdles. As we collectively strive for better time management, let Imhoesi's narrative be a source of inspiration, reminding us that the pursuit of efficient time utilization is integral to individual and communal success. |

**Reference**

Meeker, A. (2022). “To Keep People from Procrastinating, Don’t Give Them a Deadline”. In Harvard business review (Vol. 100, Issue 5, pp. 28-). Harvard Business School Press.

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Oettingen, G., Kappes, H. B., Guttenberg, K. B., & Gollwitzer, P. M. (2015). “Self-regulation of time management”: Mental contrasting with implementation intentions. European Journal of Social Psychology, 45(2), 218–229. <https://doi.org/10.1002/ejsp.2090>