

Jeroen Sangers

Formador en la efectividad personal at El Canasto

Lleida, Spain, , ES

Personal Productivity Trainer, Consultant and Speaker

Biography

Jeroen Sangers (Netherlands, 1971) is a Personal Productivity consultant and author of the popular blog El Canasto. He is a specialist in modern techniques to manage time, actions and attention and offers training, consulting and keynotes about a more intelligent way of working and living. Jeroen's work is focused on two important aspects: results and people. Jeroen has a solid experience in business and IT and has managed several large projects to implement new technologies at multinational enterprises, but also has a broad experience working with SME's and freelancers. In 2006 he founded El Canasto, the first Spanish weblog about personal productivity and Getting Things Done and the basis for his current activities. Since 2010 he is active as a personal productivity consultant, helping people and businesses to improve their performance.

Availability

Keynote, Panelist, Workshop, Corporate Training

Industry Expertise

Professional Training and Coaching

Areas of Expertise

Personal Productivity, Time Management

Affiliations

Dooie Donders Club, Jong Nederland, Fimcap

Sample Talks

MacGyver 2.0: 20 productivity tips in 20 minutes

Spanish talk developed for the Evento Blog España

Event Appearances

Què faré ara?

XII Seminari Compartim: Eficiència i productivitat personal en època de xarxes

Gestión del Tiempo

Jornadas Atrévete a Emprender

Introducción a GTD y el flujo de trabajo

Jornadas GTD

Slow work

CAMON

Quan la innovació i les TIC ens fan professionals improductius!

Jornada Cibernàrium: Innovar és possible: eines i idees TIC per fer-ho en qualsevol sector

Dispara tu productividad

Universidad de Alicante

Planificació Natural de Projectes

Entrepreneurs Weekend Lleida

MacGyver 2.0: 20 píldoras de productividad en 20 minutos

Evento Blog España

Cómo obtener más resultados con menos esfuerzo

Evento Blog España

Productividad Holística

Universidad de Alicante

Education

Utrecht University

Bachelor's degree Chemistry

Accomplishments

Regularity Award

Winner Regularity Award at Premios Bitacoras.com

Finalist Best Business Blog

Finalist Best Business Blog at Premios Bitacoras.com (Spanish Bloggies)

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Testimonials

Francisco Bach Buendía

Jeroen sabe muy bien cómo adaptar e integrar esos pequeños (y no tan pequeños) hábitos que hacen que tu agenda sea realmente eficaz. Capta tus necesidades, las "desmiga" y te da ese pequeño consejo - que siempre estuvo allí, pero que por algún motivo nunca supiste aplicar - y consigue que empieces a andar...

Jordi Antonio Sáez

Jeroen, es un excelente profesional, metódico, disciplinado, me ha ayudado a mi metodología de trabajo personal y profesional, logrando unos resultados excelentes en mi tarea diaria.

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