

Bio for Garland Coulson, “Captain Time”



Early in his career, Garland was decided to master time management. At first, he was determined to learn time management to help his own career, but soon found himself helping others wherever he worked. Now he is known as “Captain Time, a time management speaker, trainer and coach, helping thousands of people get more done in less time.

Garland calls time management the “missing” skill they don’t teach in school or university. No matter how brilliant or talented you are, if you always running out of time, you can’t apply your skills to their fullest.

Garland has consulted in the non-profit sector for over 20 years and has served on several non-profit board of directors.

Time management isn't just about work. One of the reasons Garland loves to teach time management is so that people have more time for what is important in their life. Time for family, friends, community and passions. Time just to be a human "be-ing" instead of a human do-ing. More time for those moments that take your breath away...