

# Create Maximum Focus in Turbulent Times



Due to the pandemic, we are all coping with frequent interruptions and constantly changing expectations. We are tired, stressed, and easily distracted. Trying to think of too many things at once really affects our concentration. We can overload ourselves in seconds.

Our core brain is hard-wired to switch our attention to noise or movement. It's one of our many survival mechanisms. It could be the ping of an email or a flashing light on your phone. Once your attention has been distracted, it takes a real effort to re-focus.

In this live **2-hour webinar**, participants learn simple steps to laser-focus attention and sustain concentration. They will be able to complete important work more quickly, with less effort.

Program Content:

- ✓ Prioritize with critical questions
- ✓ Protect your executive brain from your ancient brain
- ✓ Block and reduce internal and external distractions
- ✓ Train your ability to sustain your attention
- ✓ Improve your concentration with time limits and short breaks
- ✓ Deliberately choose your response to difficulties as they arise

For decades Dynamic Learning has been offering well-researched, practical techniques that our clients apply immediately to increase productivity and enhance their working environment. Our customized in-house training programs help you motivate, develop, and focus your people on the issues that matter most to your organization. Our experienced team of highly trained facilitators offer you and your business exceptional insight and opportunities to improve your efficiency.

**Book your 15-minute Discovery Call with Eileen Pease to discuss your training needs for 2021.** Contact options:

<http://calendly.com/eileenpease>

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*I found the webinar to be engaging. You presented new and interesting information that I can use to improve the way I work. We went over very practical steps to increase my ability to schedule and complete work that requires focus, as well as the ongoing more routine tasks. I was particularly interested in the rewards and tiny habits. I thought the session had a good flow, with exercises mixed in. You are also good at encouraging all the group members to participate and at including personal anecdotes that illustrate points in the material.*

Lisa Creighton, CPA, Nobleton, Ontario