DEEP FOCUS, FEWER FIRES: PROTECTING ATTENTION IN AN ALWAYS-ON WORKDAY

Trusted by: DELTA, syngenta, NC STATE UNIVERSITY, U.S. TREASURY INSPECTOR GENERAL, Biogen, moderna



Prioritization Keynote Speaker

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Every ring, ping, and buzz costs more than you think.

You sit down at 9:00 to write the one thing that matters today. At 9:04, a chat. At 9:06, an email you'll answer real quick. By 10:00, you have one paragraph, and the whole morning feels busy.

This session shows where attention actually goes, then gives leaders and teams practical tools to protect it.

Takeaways

- ✔ **Why every interruption costs more than it takes.**
- ✔ **The dopamine pull behind every notification, and why "just a quick check" rarely stays quick.**
- ✔ **What multitasking actually costs, and what to do instead.**
- ✔ **Practical tools to protect focus, including working alongside someone else, which helps almost anyone stay on task.**
- ✔ **One guardrail, chosen and committed to before the session ends.**



Watch the Clip

"Marcey's presentation was eye-opening to how technology can work against us in our time management. Having the understanding of how dependent and consumed we are with our devices was shocking."
— Keith Hudson, President, Jim Hudson Automotive Group

Who it's for: Teams and leaders whose day runs on pings, chats, and inboxes.
Format: Keynote, breakout, or training.
Pairs well with: *Tame Your Inbox, a standalone session on filters, templates, and communication norms.*