



Elevate Your Focus:

Defeat Distractions for Peak Performance

Ring. Ping. Buzz. Enough!

Stop using habits that deplete your willpower. This session restores attention, builds our single-tasking muscle, and normalizes low-sensory breaks that recharge the brain.

WHY IT MATTERS: Better quality work.
Shorter cycle times. Lower cognitive load.

“I want to be more present”

It was shocking to understand how dependent and consumed I am with my devices. I want to be more present with those around me instead of using my phone.

Keith Hudson

President, Jim Hudson Automotives Group

ATTENDEES LEARN TO:

- ✓ **Shrink digital noise** with optimal settings and channel norms
- ✓ **Single-task for output** and accuracy
- ✓ **Reset energy** with power breaks that work anywhere

PERFECT FOR:

Teams buried under communications, knowledge workers in high-stakes roles, and anyone who needs to be present.

PLAY VIDEO



Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Break Free From Busy, Reclaim Your Workday, Email Extinguisher

Popular add-on: Performance Pulse Survey and Ask Me Anything follow-up

CTA: Book this session to put attention back on the agenda.