



# 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.*



**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.