



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.

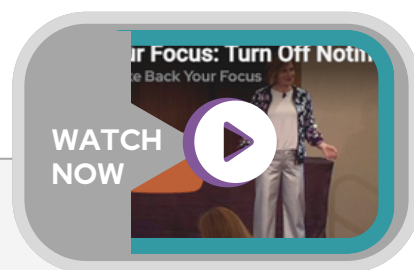
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ATTENDEES LEARN TO:

- ✓ **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.*