

# ring, ping, buzz, knock

Pay attention with intention.



*Are you putting out fires, reaching for the easy stuff, and wondering where your time goes? Are you distracted during moments with your colleagues, family, and friends that leave you halfway present?*

There is a constant struggle of reactivity versus responsiveness when computers, phones, and watches vying for our attention. Our ability to concentrate has decreased, and we are captive to our devices. Our performance weakens, and we can't devote the brainpower to give our best work. Relationships pay the price when we lose the power to listen.

**Be in the moment. Take control of distractions.**



I've been chewing on the things I heard a lot since the webinar. I shared some of the tips with my high-schooler when she confessed to me last night that she's already feeling anxious about school starting in the fall. It was a good conversation starter. Thank you for your passion!

**- Susan Brumbaugh**

Research Sociologist, RTI International

## format:

- Keynote, Workshop, Breakout
- 45 to 120 minutes

## LEARN HOW TO:

- ✓ **Decrease decision fatigue** and increase willpower
- ✓ **Communicate with intention** and be present wherever you are
- ✓ **Find white space** during the day to recharge or relax

## THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Feel distracted or pulled in multiple directions
- Are overwhelmed by media
- Have trouble setting communication boundaries

