

*Manage Distractions, Set Guardrails, and Be More Present.

focus power-ups

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and Be More Present.



POWER-UP
SERIES

*Pulled away by your phone?
Thinking of your inbox during dinner?
Feeling behind, even though you worked a full day?*

Ring, ping, buzz, knock! **Distractions are everywhere**, demanding your attention. How do you keep them at bay, keep up at work, and still **have time for what matters to you**? The secret isn't retreating to a cave but enacting the right tech guardrails and habits to help you be more present and gain the concentration you need.

Ditch the distractions and find your focus!

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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: Virtual or In-person

length: 45-90 minutes or part of the half-day Power-Up Series.

LEARN HOW TO:

- ✓ **Increase willpower and decrease digital distractions**
- ✓ **Reduce communication overload and avoid costly mistakes** by setting tech guardrails
- ✓ **Recharge your batteries** by creating low-sensory and screen-free times

THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Feel distracted or pulled in multiple directions
- Are overwhelmed by communications, information, and media
- Have trouble setting communication boundaries
- Experience telepressure (pressure to answer emails) and FOMO (fear of missing out)

