

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

focus power-ups

Manage Distractions, Set Guardrails,
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!

“ Marcey's presentation was eye-opening to how technology can work against us in our time management. Understanding how dependent and consumed we are with our devices was shocking. Marcey's information and knowledge greatly helped me. I realized I needed to be more present with those around me instead of my phone.

- Keith Hudson
President, Jim Hudson Automotives Group

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)

PLAY VIDEO

