

elevate your focus: defeat distractions for peak performance



Reach the end of the day low on willpower and feeling decision fatigue?

Afraid you're missing the people, places, and experiences happening before you?

Ring, ping, buzz, knock! Distractions are lurking around every corner, ready to pounce on your attention. Fear not! You don't need a secret hideout to gain control. With the right **tech guardrails and supercharged habits**, you can become the focus pro you've always wanted to be!

Ditch the distractions and live in the moment!

“I want to be more present”

Marcey's presentation on how technology can work against us was eye-opening. Understanding how dependent & consumed I am with my devices was shocking. I want to be more present with those around me instead of my phone.

- Keith Hudson

President, Jim Hudson Automotives Group

LEARN HOW TO:

- ✓ Set up your tools and apps to **shrink digital distractions**
- ✓ Single-task to get **more done with more energy**
- ✓ Reset with **low-sensory power breaks**

PERFECT FOR PEOPLE WHO:

- Feel like they're caught in a **whirlwind of distractions**
- Are buried under a mountain of communication and media
- Struggle to **be present** wherever they are

PLAY VIDEO

