

A man in a dark blue suit and red tie is sitting at a wooden desk, looking intently at a laptop. In the background, a woman with blonde hair is seen from behind, and a man in a suit is sitting at another desk, looking towards the camera. The office has large windows with white curtains.

FOCUS: How to Stop Distracting Yourself and Get More Done

The Flow Research Collective - a peak performance research and training institute trusted by Google, Harvard and the US Navy Seals - found that a knowledge worker works no more than 11 minutes in a productive, uninterrupted manner each day on average.

What happens in the remaining 7+ hours then?

There is a war on our attention and we are losing the fight.

Our senses are overloaded, attention span decreased, performance destroyed.

There are more than 5000 neurologically engineered marketing tools used on our devices and the internet to get our attention away from what we want to focus on.



The problem is twofold: we are more distracted than we believe, and it is extremely challenging to get our attention back even after a single episode of distraction.

The outcome? Decreased creativity, stress, increased burnout, plus reduced job and life satisfaction.

This session focuses on helping employees: quit self-distraction, gain easier access to flow states, and improve the quality and quantity of work output.



A collage of video call thumbnails showing various participants in a virtual meeting. The thumbnails are arranged in a grid-like pattern, with some overlapping. The participants are diverse in age and appearance. The text "THE CONTENT OF THIS SESSION" is overlaid in large, white, bold, sans-serif font across the center of the collage.

THE CONTENT OF THIS SESSION

- Staggering attention statistics
- Neurobiological attacks – why is technology addictive
- The negative effects of distraction
- The disrupted flow cycle - creativity compromised
- Tools to cease self-distraction
- One: Eliminating the “practice of the devil”
- Two: Unitasking
- Three: Fighting attention residue – Become a pro at following through
- Four: Impulse control and the magic of maybe
- Five: Ending sensory overload



This workshop is facilitated by Mariann G.

Mariann has a deep rooted passion for enhancing human potential. Her most recent academic training is an MSc in Health Psychology - University of Leiden (NL).

Her international corporate experience includes assignments with The European Commission, and PwC CEE region.

Expertise

- Training high-impact teams and individuals to create resilience, reduce stress and build coherence that translates into measurable improvements in mental well-being, vitality, quality of life and ultimately performance;
- Designing and implementing projects on: leadership development, heart-based leadership, employee engagement, finding inefficiencies in business processes, improving horizontal and vertical cooperation, aligned communication trainings, team building, change readiness audit;
- Consulting on strategic interventions to increase mental and physical well-being with a focus on primary, secondary and tertiary prevention strategies;
- Providing advise on corporate stress management (solutions for behavioural, physical and psychological symptoms of stress) and developing health behaviours that drive KPIs.