



How to Focus

Description

These days, distractions are everywhere— from quick tasks during the workday to long-term projects that demand sustained focus. A flood of competing demands constantly pulls at our attention, and our phones have become ever-present distraction machines, powered by algorithms designed to capture and hold our focus. In a world like this, the ability to concentrate and resist distractions isn't just nice to have—it's essential. This e-training helps you build exactly those skills. You'll explore the science behind concentration and learn how to develop a mindset that makes it easier to stay focused. From there, you'll discover how to create a work environment that supports deep, purposeful action. You'll also learn how to establish routines that protect your attention and dive into techniques for maintaining long-term focus on your future goals.

Target Audience

Employees with and without management positions who no longer want to be distracted by the distractions of the modern world.

Learning Objectives

- Maintaining focus on the task at hand despite digital and analog distractions;
- Improving your environment to support concentration and establishing helpful routines;
- Sustaining long-term focus in life and working on personal development