

Fortify Your Focus



Stop digital distractions denting your productivity

As knowledge workers, the technologies that are integral for our work, have also been designed to hijack and hold our attention. We're now living in an attention economy. To achieve peak-performance in the digital landscape, the most critical skill we can cultivate is focus. Focus amongst the alerts and notifications and pings and dings that put a dent in our productivity.

This presentation has been designed to help employees and executives better understand the impact of digital distractions on their productivity and wellbeing. Attendees will develop a repertoire of strategies and micro-habits they can easily apply to their workday and personal lives to ensure their digital behaviours support peak performance.

In this presentation I've distilled the latest neuroscience, psychology and technology research into bite-sized, sciencebacked strategies.

Dr Kristy will explore:



Why **attention management** is the super skill of the 21st Century;



How to map their **workday** to their **chronotype** to maximise their **productivity**; and



The three reasons why **technology hijacks** their attention;



A range of strategies and micro-habits to **optimise** their **focus**.



The significant ways that **digital distractions** dent their **productivity & wellbeing**;

Session Overview

Participants will be armed with a menu of strategies and micro-habits they can use to turbocharge their productivity and wellbeing. Dr Kristy will share simple solutions to some of the common tech troubles facing high-performers in the digitalised workplace.

Delivery

This can be a stand alone keynote, or part of a half or full day program, or delivered as a virtual masterclass.