

# “There are so many distractions at work that I have a hard time staying focused on the task at hand.”

One of the greatest challenges facing people who work in an office is resisting the distractions of the internet.



## The Working Brain Techniques to Improve your Mental Focus

In this highly interactive full-day workshop, attendees will be guided through a series of cognitive exercises from which they can pick and choose to develop their own mental focus regimen. People will walk away from this session feeling inspired and energised with a concrete action-plan for self-improvement.

Sound bites, video bites — information-bytes — these all serve to divide our attention and diffuse our mental focus. The result is a downward spiral:



But good attention isn't something we come by naturally — as with rock climbing, playing piano, and computer programming, it's a skill that needs to be developed. Studies have shown that the pay-off from focused attention is huge<sup>1</sup>: better short and long-term memory, improved problem-solving, and increased 'outside the box' thinking.



Our program is founded on peer-reviewed research and our workshops are presented by engaging professionals.

To book a workshop, e-mail us at [info@do-it-better.ca](mailto:info@do-it-better.ca)