



# MANAGING ATTENTION

## A Superpower for Life

Your attention is under siege – countless demands are pulling you in every direction!

Managing Attention – A Superpower for Life provides you with strategies, practices, and tips to ‘take back’ your attention — helping you be more present, focused, and productive at work and in life.\*

\*Effectiveness may vary for individuals with ADD or ADHD



## Focus Fuels Your Success

Managing Attention – A Superpower for Life is a powerful learning program, featuring bite-sized videos, helpful written materials, and immersive activities that let you experience key concepts firsthand. While you can quickly complete the course, following the recommended 3+ week roadmap will help you build lasting habits and create meaningful change.

### TARGET OUTCOMES

- Increased ability to control your attention
- Improved Presence, Focus, Efficiency, Productivity
- Increased Emotional Intelligence (awareness of self and others)
- Reduced Stress

### Geography of Attention

Learn how your attention naturally moves through three locations – an eye-opener!

### It's an Inner Game

Understand the types of disruptions you face to more skillfully maintain your focus and presence.

### Real World Practice

Follow our 3+ week roadmap of simple practices to develop stronger attention habits.

*“The tips on being present have been really valuable, especially in my personal life.*

*My family thanks you.”*

*Jennifer H, Product Marketing*

*“Paying attention to my attention is a key takeaway. I’m able to recognize when I lose focus, I’m not paying attention, or I’m just plain spaced out.*

*Now I refocus quickly and get back on track.”*

*Keith R, Finance*