

"Concentration is the secret of strength in war, in trade; in short, in all the management of human affairs."

Ralph Waldo Emerson

The connection between sustained levels of concentration and well-being have been understood for over two thousand years but since the introduction of social media in our daily lives, never has the temptation to give in to distraction been greater. Individuals with the ability to focus on their goals stand a greater chance of leading fulfilling lives.

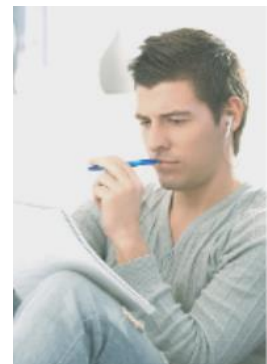
Objectives

Understand how the latest advances in neuroscience can contribute to improved focus and concentration.

Understand the connection between focus and meditation and how to clear the mind to prepare for better concentration.

Learn how to set up conditions in one's environment for maximum concentration.

Learn short and specific techniques to progressively strengthen the concentration muscle.



Content

Determining one's current level Focus Stamina and finding ways to build on it.

Practicing brain / hand gymnastics to improve focus.

Understanding the use of Internal and External triggers.

Leveraging 'traction' as an antidote to distraction.

Learning how to track one's distractions and the feelings associated with them for better priority management.