



FOCUS!

Bringing clarity in a world
of distraction

You vs. The World

The moment people get bored or disengaged, you're going to lose them. Look at what you are competing with!

- Other work that's due right after your session
- Urgent requests coming through in Slack or Instant Messenger
- Emails, phone calls, social media
- Hunger, lunch, snacks, meal preparation, sugar crashes
- Children, significant others, friends
- Wayward dogs, attention hogging cats
- Sleep, exhaustion, overwhelm, confusion
- Online shopping
- Boredom, Netflix, podcasts, sports
- Housework, those dirty socks lying on the floor, home deliveries
- Stress, construction,
- Exercise, restroom breaks



Give Yourself A Fighting Chance



Bring focus to your meeting through clarity and preparation. Before your session ask:

- ✓ What outcome do I want to create? Why do I want to create it?
- ✓ How will I know I created that outcome?
- ✓ Who do I need to be to create that outcome?
- ✓ What will get in the way of that outcome? What can I do if that happens?
- ✓ How will I celebrate?