

THE FOCUS FACTOR



In today's world, where so many experiences are blended together- where we can work from home (or a plane, or train, or beach), watch our kids on a nanny-cam from work, and juggle our various responsibilities, our focus and attention play a very crucial role.

With multi-tasking being the expected norm, its inevitable impact on productivity can seriously harm your efficiency and quality of output. Understand how to regulate your distractions to make your focus your competitive advantage at work.

- Attention & Distraction
- Attention & working memory
- Concerns with attention and focus
- Attention management
- Games to enhance attention

Format: One Day (6hrs) Online/ Onsite

Participants: Not more than 35 persons

Requirements: If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- Laptop with sound and video projection
- White board
- Chart paper
- Writing materials

Cost: Rs. 40,000/- +18%G.S.T per day

Travel & stay extra at actuals

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