



## The Secrets of Remaining Focused in a Time-Starved, ADD World

*"Granddaddy, I need some space."* Riley Marie Smith, age 4

### DESCRIPTION

I used this quotation in a recent presentation: "Attention is the next scarce resource." Immediately, two people in my audience said, "You can eliminate the word next." Those in the modern workplace face a variety of distraction that may lead to hurried decisions and shallow communication. The result may be costly mistakes and potential safety issues.

Sandy helps participants regain focus and manage the "new kind of stress" by dealing with interruption and distraction.

### LEARNING OBJECTIVES

- Learn about the driving forces of distraction that contribute to personal and interpersonal stress at home and work.
- Discover practical methods of reducing the contagious nature of negative stress. Learn the difference between "wise worry" and "toxic worry."
- Learn about the myth and realities of multi tasking.
- Learn secrets of clear focus from top gun pilots.
- Discover the time and place in which you are most creative and productive.

### STYLE OF DELIVERY

Customized to audience, client objectives, and time allotted for delivery. However, presentations typically incorporate such highly effective elements as:

- Extremely animated oral presentation that incorporates practical examples and, often, humor to drive home main points
- Bold, imaginative presentation graphics that maximize visual impact and minimize text
- Short, highly engaging movie clips that demonstrate or reinforce key messages
- Small highly engaging group exercises and discussion
- Open Q&A
- Closing summary of key points that can be applied in the workplace and serve as reminders

### SANDY SMITH BIOGRAPHICAL SUMMARY

Sandy Smith is a speaker, corporate training specialist and executive coach from Oak Ridge, Tennessee. He develops and presents educational seminars and workshops for leading organizations in such diverse areas as healthcare, manufacturing, marketing, retail, and U.S. government. Sandy also coaches senior executives in giving high impact presentations. Sandy is a member of The National Speakers Association and The World Futurist Society.