

## Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long

Through his extensive research David Rock has delved into the most recent and important discoveries about the human brain---discoveries that point to the critical need to understand your brain at work. This new knowledge will open up a new world for business leaders, one that allows you to be more focused and productive, no easy feat in today's overwhelming work environment. Imagine being able to solve problems quicker, stay cool under pressure, drive change and collaboration among your peers and employees, and influencing others more effectively. The possibilities are endless when you know how to maximize the most amazing tool you have at your disposal – your brain.

During this program you will learn:

- How to improve your productivity through understanding what's happening in your brain
- How to prioritize more effectively to get more done
- The secrets of making solving problems easier
- Strategies to keep your cool when the pressure's on
- The 5 things you need to know about getting the most from others