

Imagine having
uninterrupted
focus in any
meaningful life
arena you want.

Just think what
you could
accomplish...



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Helping every student
discover their personal
best — every day.

FINDING
YOUR **FLOW**

In the world of higher education, students have many demands on their time, attention, and energy. This requires working smarter.

Increased competition, pressure, and stress mixed with other distractors, like social technologies, provide constant interruptions that can get in the way of “Finding Your Flow” or getting into the “zone” in and out of the classroom.

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The inability to focus can cause lower test scores, a decrease in learning, feelings of frustration, and low self-esteem.
”

For many college students, the power to find uninterrupted focus in schoolwork, relationships, and life goals is diminishing.

High performance requires commitment and focus. The inability to focus can cause lower test scores, a decrease in learning, feelings of frustration, and low self-esteem.

Imagine performing at your very best—where skills and abilities match the tasks at hand; feeling absorbed and engaged; being able to produce your best results—on demand.

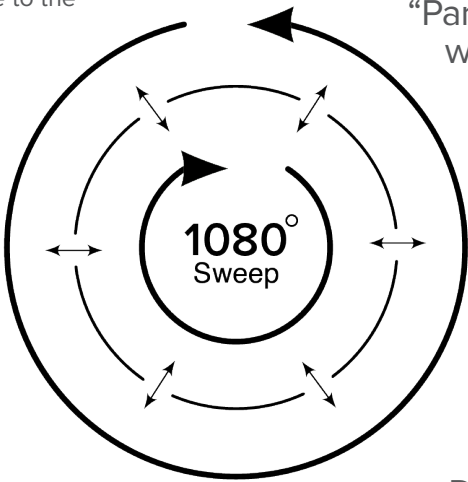
This type of focus isn’t just for athletes, meditation gurus, or naturally gifted students. This type of flow and focus can be learned and implemented by anyone wanting to take their performance to the next level.

Introducing Finding Your Flow™, a program that gives each participant increased awareness, understanding, tools, and strategies to shut out the distractions, increase focus, and maximize performance.

After years of research, testing and real-world application, Dr. Bruce H. Jackson has developed the 1080-Degree Sweep™ – a comprehensive assessment that will uncover the many factors that both contribute to and inhibit peak performance and flow.

Finding Your Flow™ is a personal process. Using the 1080-Degree Sweep™ assessment in conjunction with the workshop tools will give each participant a personalized formula and plan to produce more focus, flow, and joy in work, relationships and life.

A program that gives each participant increased awareness, understanding, tools, and strategies to shut out the distractions, increase focus, and maximize performance.



“Participants will leave this workshop knowing the #1 thing they need to do to create better focus and flow in their lives right now. Once that #1 thing is mastered, they have a formula to discover what will lead them to greater flow and higher performance for the rest of their lives. This is the essence of personal leadership.”

– Dr. Bruce H. Jackson

BY INCREASING FLOW, STUDENTS WILL:

Increase well-being and performance in high pressure environments

Bring clarity to homework, relationships, and life goals

Improve awareness of positive and negative influences on flow

Support academic performance by focusing on what matters most

Tap inner-motivation to close performance gaps and excel

Grow their capacity to self-coach

Gain a life-long model for personal leadership development