

How to Work in a Distracted World The Neuroscience of Focus and Habit

Presented By

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What actually goes on in our brains in a distracted world?

Brains are primed to process incoming stimuli for survival – but not for today's “wired” technological world of smartphones, email, and instant communications.

With overwhelming amounts of information and distractions, it is hard to give productive focus to critical cognitive tasks. We tend to default to habits, or hard wired, recognized patterns, which are not always aligned with our professional goals.

What if we could learn not only to maintain and sustain focus but also to create new habits, or change? We will discuss current neuroscience research on using the brain's wiring to conquer distractions and to focus on essential cognitive tasks.

DATE
Monday
January 9, 2023
Noon – 1:00 p.m.

LOCATION
ZOOM

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COMPETENCE

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How to Work in a Distracted World

The Neuroscience of Focus and Habit

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