



CONTROL YOUR ATTENTION, CONTROL YOUR LIFE!  
HELPING LEADERS AMPLIFY PERFORMANCE  
with Maura Thomas  
\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

## CONTROL YOUR ATTENTION, CONTROL YOUR LIFE! HELPING LEADERS AMPLIFY PERFORMANCE

---

Leaders need a more strategic framework to achieve more of their most important results and help their team members do the same. Outdated "time-management" advice is no longer a relevant path to productivity. Our biggest obstacle in the 21st century is not that we don't have enough time (still the same 24 hours we've always had!). It's that we have too many distractions! And we can't solve a distraction problem with a "time" solution. Attention Management is the new path to productivity.

### MAURA THOMAS

---

Maura Nevel Thomas is an award-winning international speaker on individual and corporate productivity and work-life balance, and the most widely-cited authority on attention management. She is a TEDx Speaker, founder of Regain Your Time, author of six books, and was named a Top Leadership Speaker in Inc. Magazine. Maura is a contributing expert to major business outlets including as a columnist for both Forbes and Harvard Business Review.

# TOPICS COVERED

---

WHAT IS ATTENTION MANAGEMENT AND HOW IS IT USED TO IMPROVE PRODUCTIVITY?  
THREE WAYS TO OVERCOME DISTRACTION AND FOCUS ON WHAT'S MOST IMPORTANT  
IDENTIFY SKILLS GAPS IN TEAM MEMBERS' ABILITY TO GET THEIR MOST IMPORTANT WORK DONE  
UNDERSTAND HOW AND WHY STAFF BEHAVIORS DON'T ALIGN WITH DESIRED ORGANIZATIONAL METRICS  
CULTIVATE HABITS THAT SUPPORT, RATHER THAN SABOTAGE, CONCENTRATION, CRITICAL THINKING, AND STRATEGIC LEADERSHIP  
INSPIRE MORE EFFECTIVE COMMUNICATION THROUGHOUT THE ORGANIZATION  
IMPLEMENT POLICIES AND WORK FLOW PRACTICES THAT WILL HAVE A POSITIVE IMPACT ON THE PRODUCTIVITY CULTURE OF THE ENTIRE ORGANIZATION

FOR REGISTRATION PLEASE CONTACT: **Evangelia Zouras** - IMS Regional Director - New-Jersey  
Phone: **+1 (201) 414-7380** Email: **[newjersey@ims-online.com](mailto:newjersey@ims-online.com)** Website:  
**<https://ims-online.com/leadership-development/New-Jersey/18>**