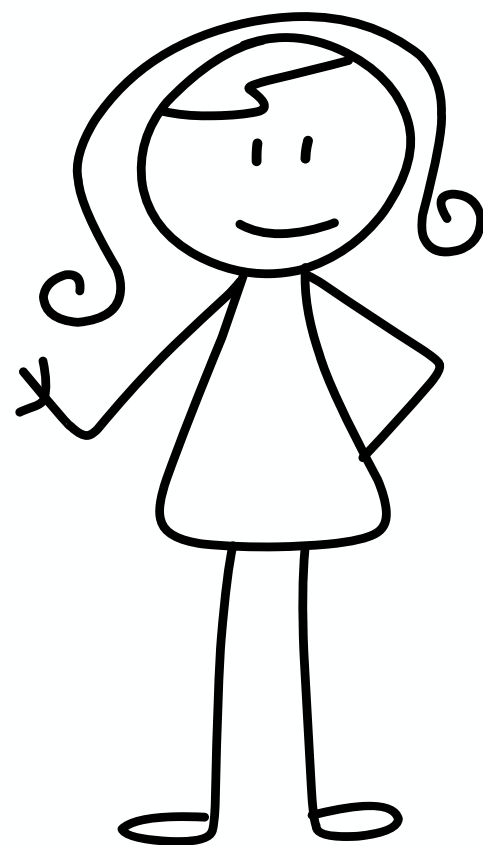


Thinking about Myself

Values

Work



Name

Skills

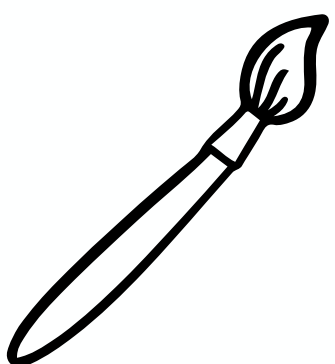
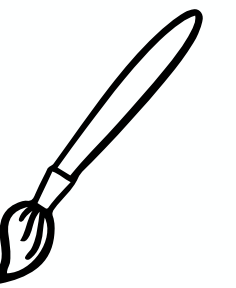
People

Growth Mindset

How can a growth mindset help you stay focused?



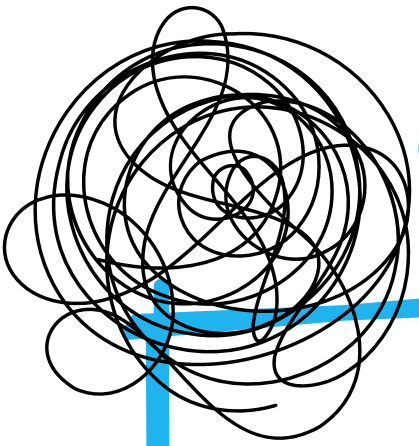
What are some challenges you face in developing a growth mindset?



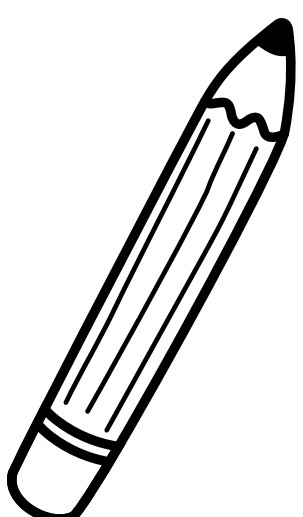
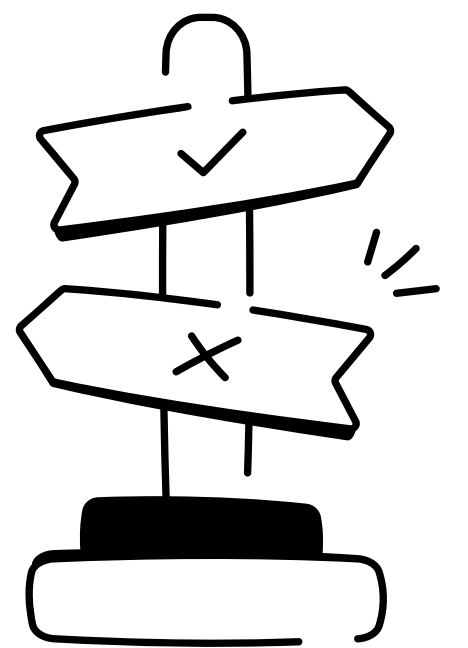
Cognitive Overload

What tasks or decisions contribute to your cognitive overload?

When do you feel most overwhelmed by information?



How could you incorporate prioritization, simplification, and decision-making techniques in your life?



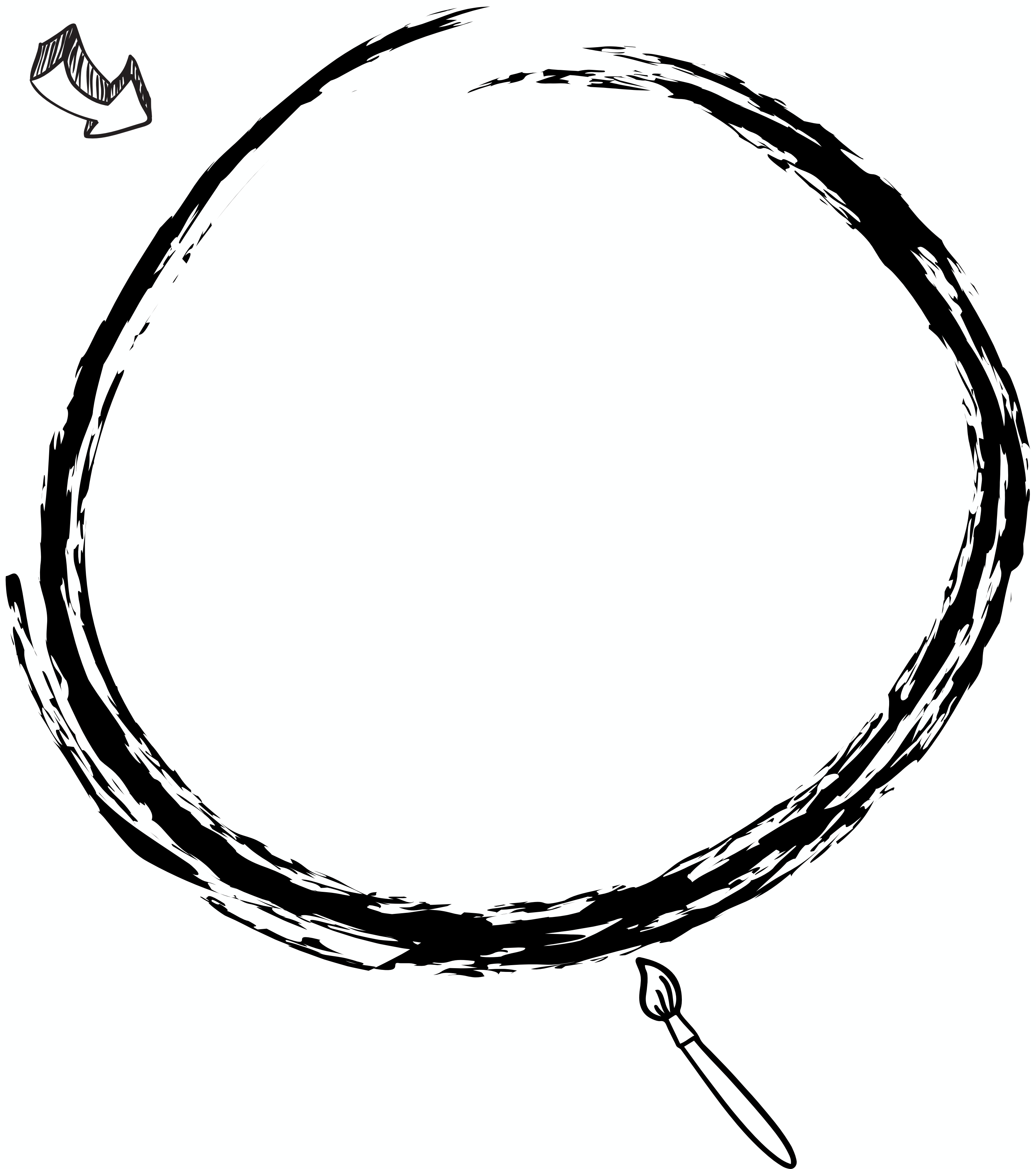
Reactive Mindset

What outcomes do you experience when you are more reactive in your daily tasks?

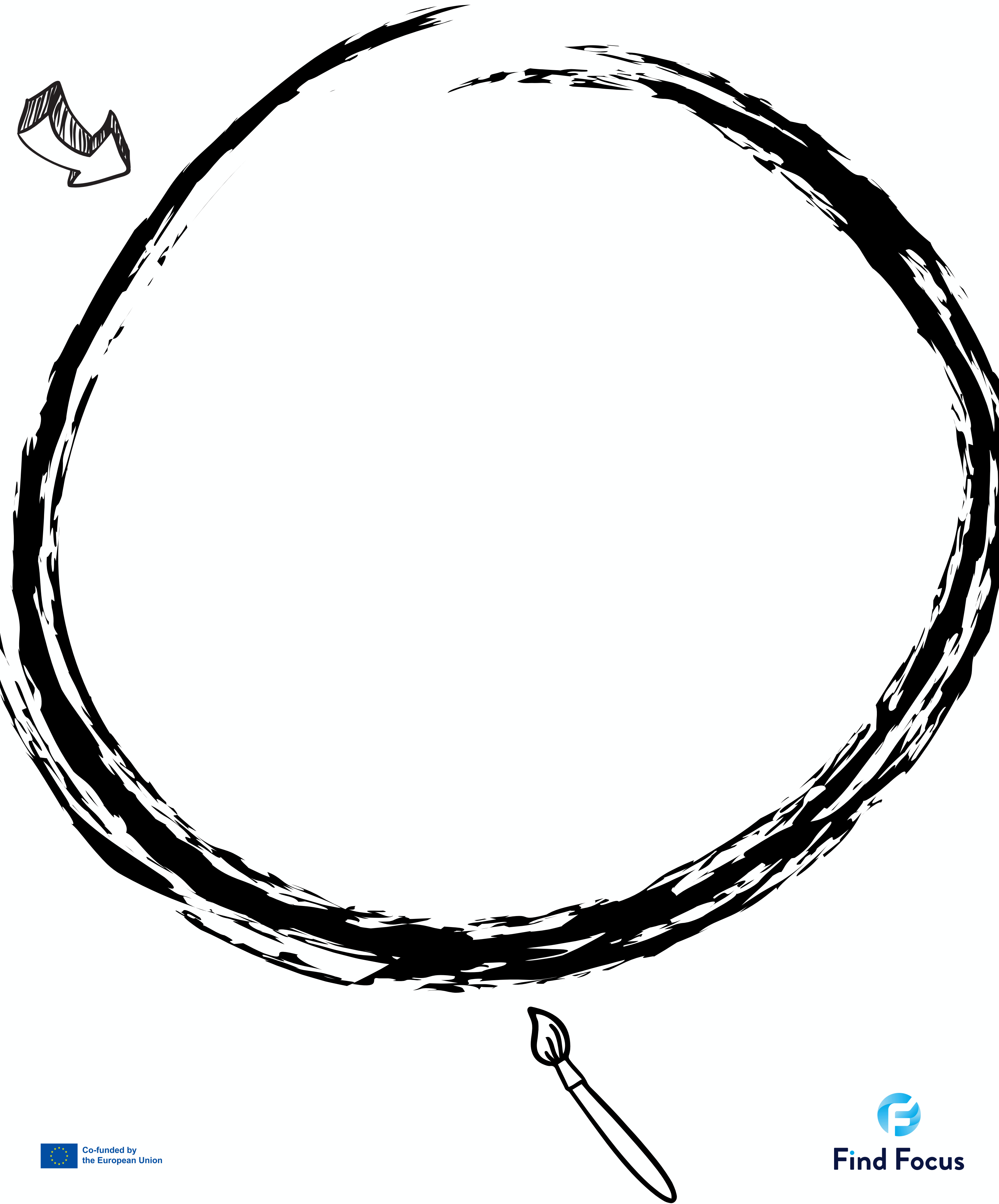
In what instances do you find yourself being reactive rather than proactive?

How do you think adopting a goal-centric approach could improve productivity and focus?

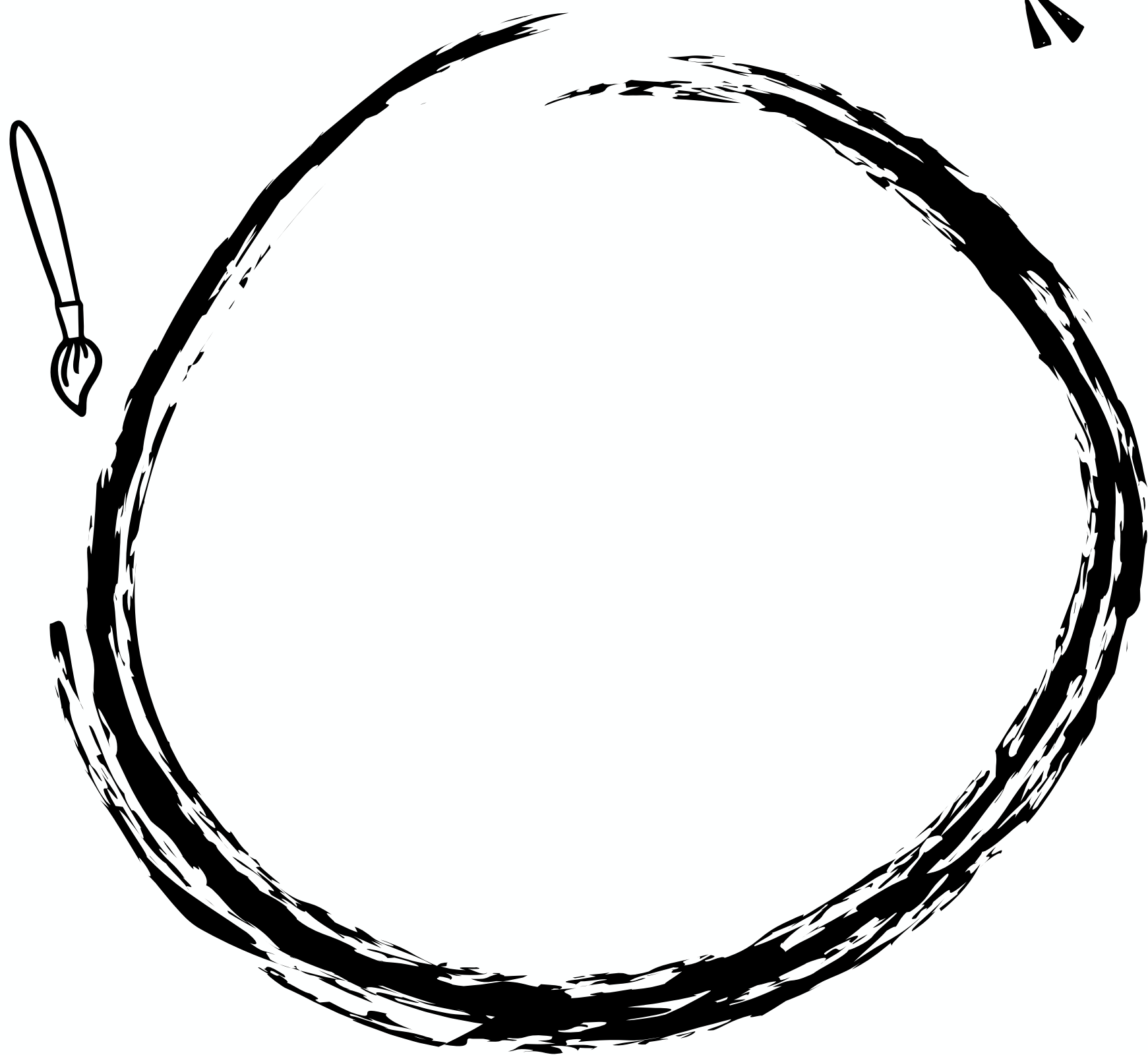
WHAT DISTRACTS YOU THE MOST?



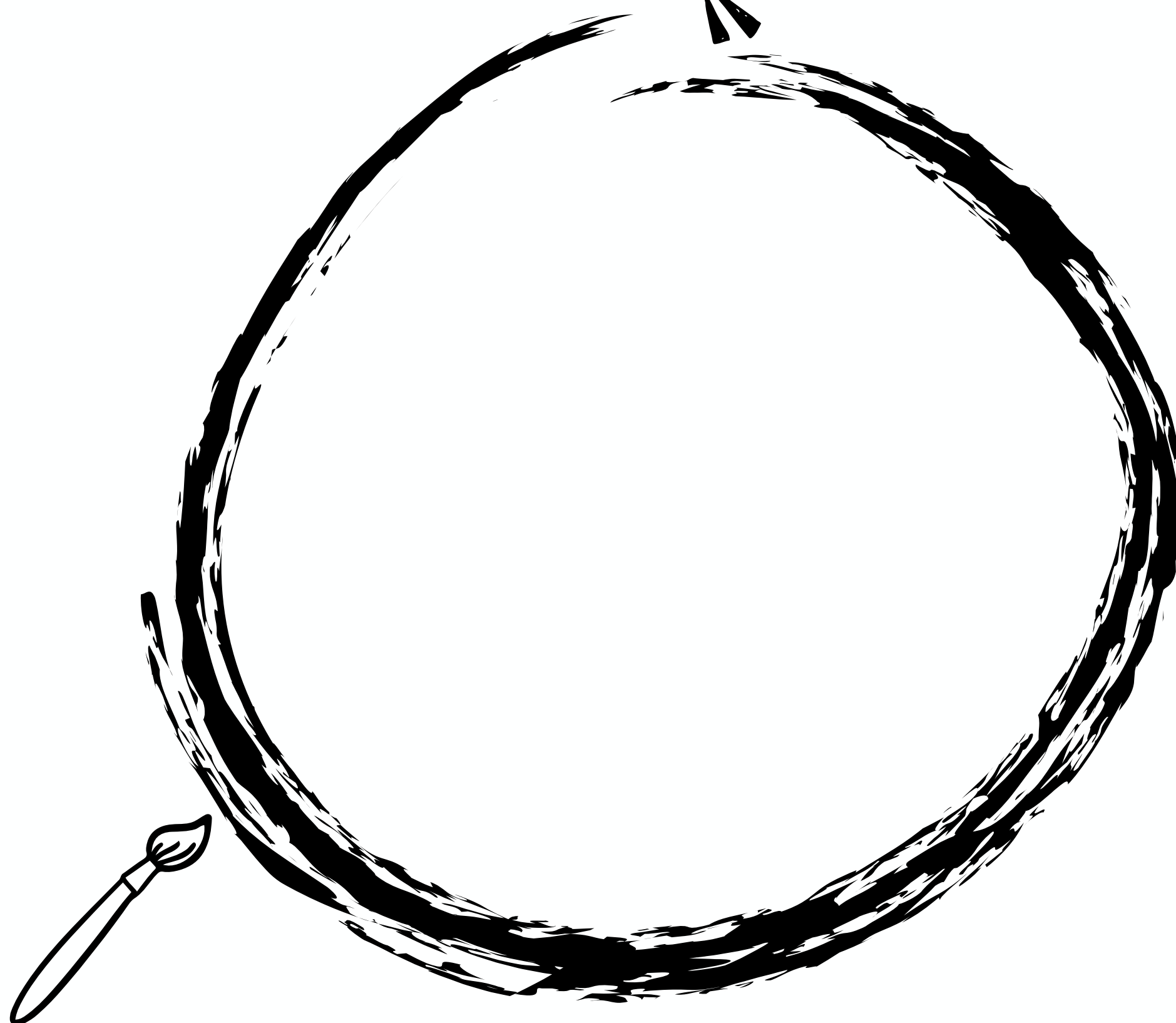
Express your personal WHY using
images, symbols, or words



what tasks or situations make you
feel overwhelmed

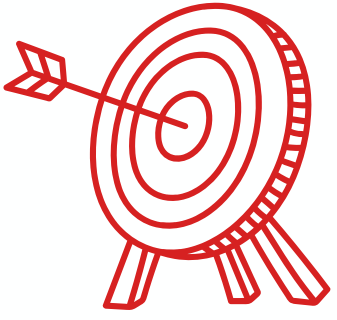


How do you typically handle
multiple tasks at once?

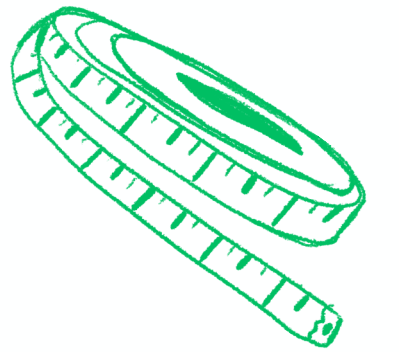


SMART Goals

Specific (What exactly do you want to accomplish?)



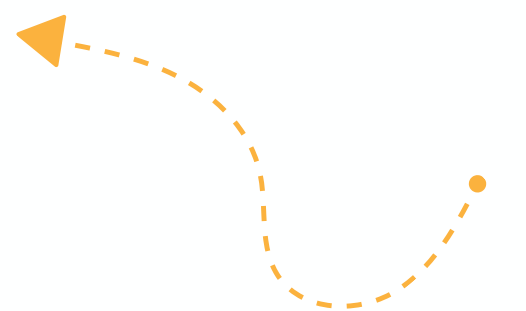
Measurable (How will you measure success?)



Achievable (Is this goal realistic and attainable?)



Relevant (Why does this goal matter to you?)



Time-bound (When will you achieve this goal?)



Distraction-Resistant Mindset

Examples:

- Mindfulness and Present Moment Awareness
- Goal-Centric Thinking
- Embracing Discomfort
- Growth Mindset
- Embracing Challenges as Opportunities
- persistence in the Face of Setbacks

How a growth mindset could have helped.

Mindfulness

Core principles of mindfulness:

-
-
-
-
-
-
-
-



Present-moment
awareness



Non-attachment, and non-
judgmental observation



Mindfulness practices
into our daily lives

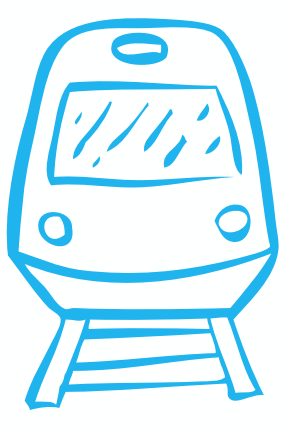
What is Mindfulness?

-
-
-



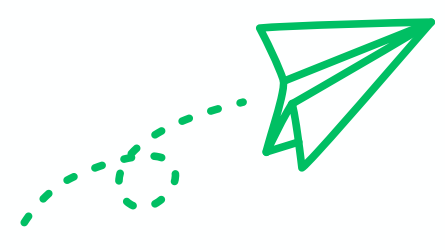
Mindfulness During Commute

-
-
-



Quiet Space Before Exams

-
-
-



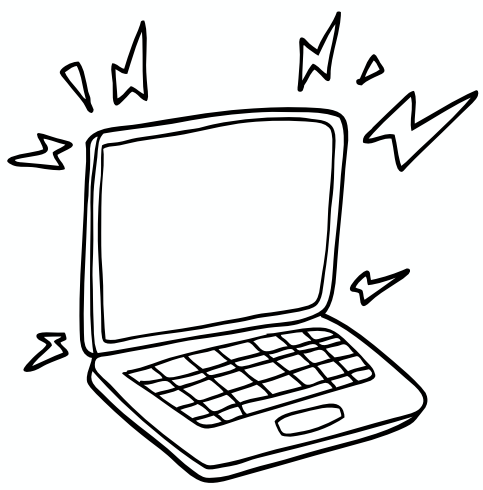
Mindfulness for Everyone

Focus on one thing at a time

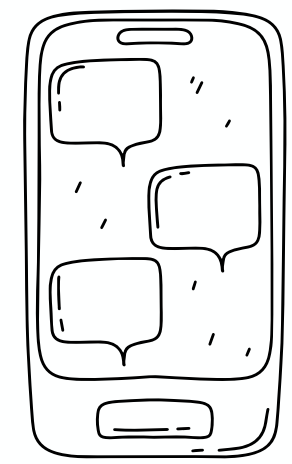
Take 5 breaths

Engage your senses.





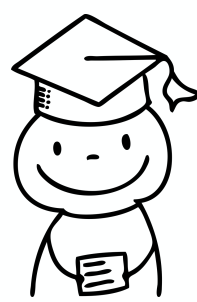
How Technology Distracts Us



Technology can pull us away from what's important. Let's identify how it impacts focus and discuss strategies to manage it

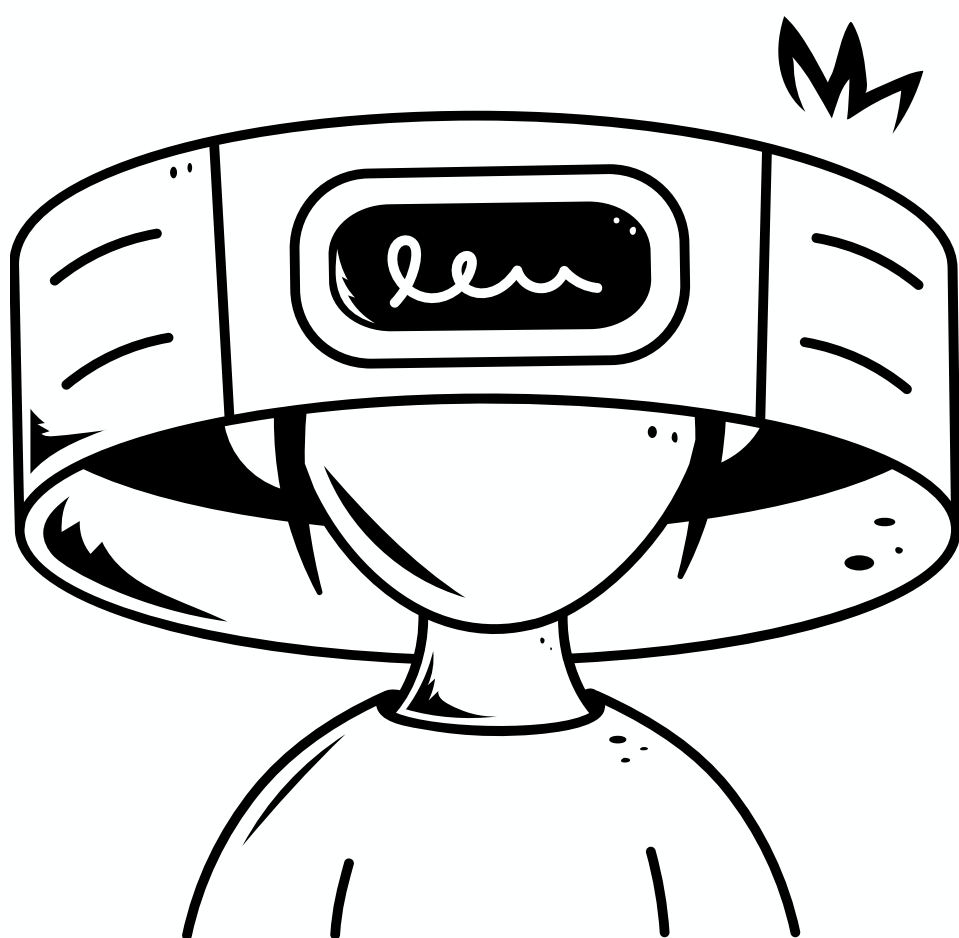
What are some ways technology distracts you?

Why We Get Distracted?

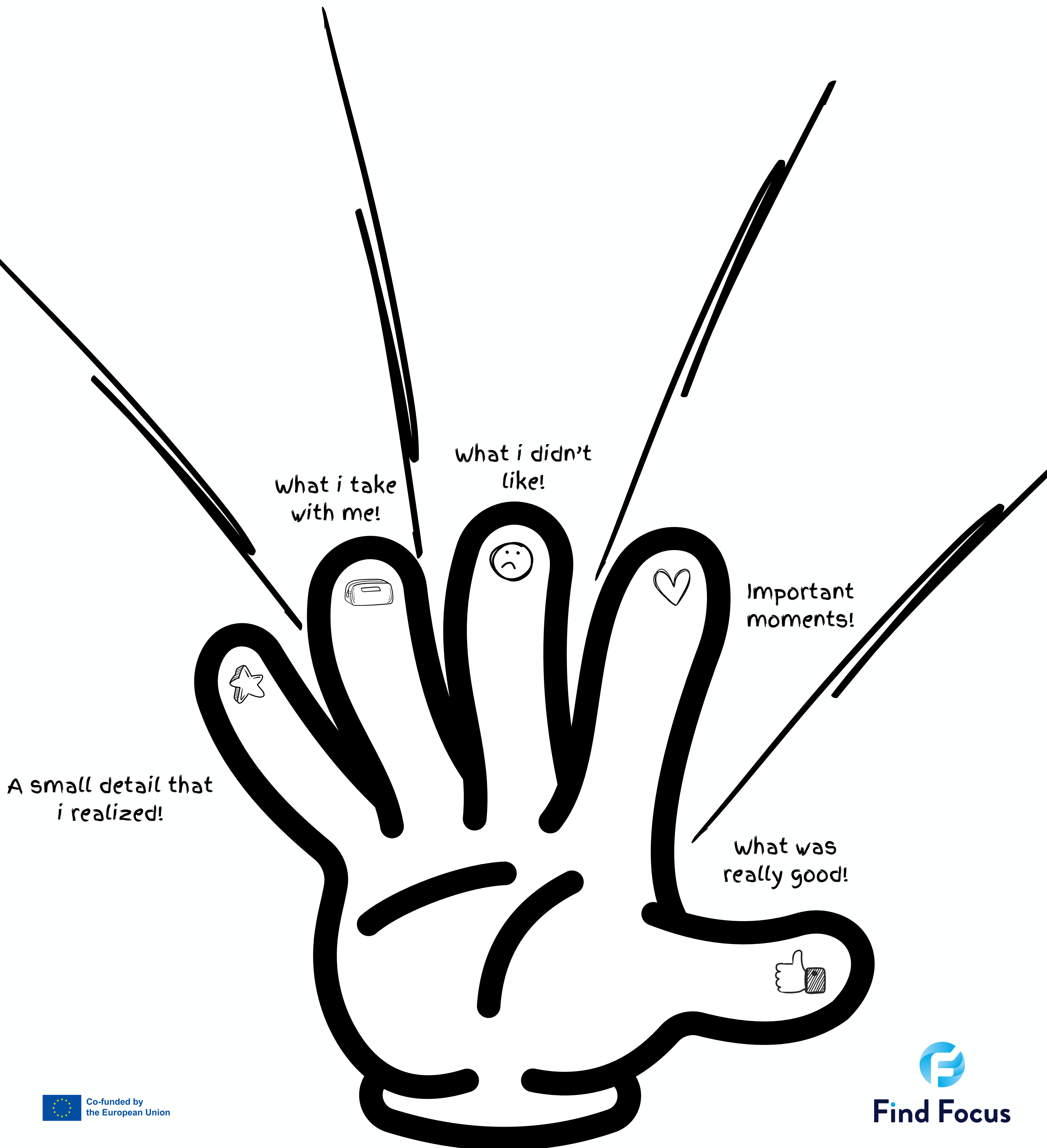


What methods have you used to reduce digital distractions?

Let's create a personalized plan for reducing digital distractions.



Self Reflection



Reflection & Feedback

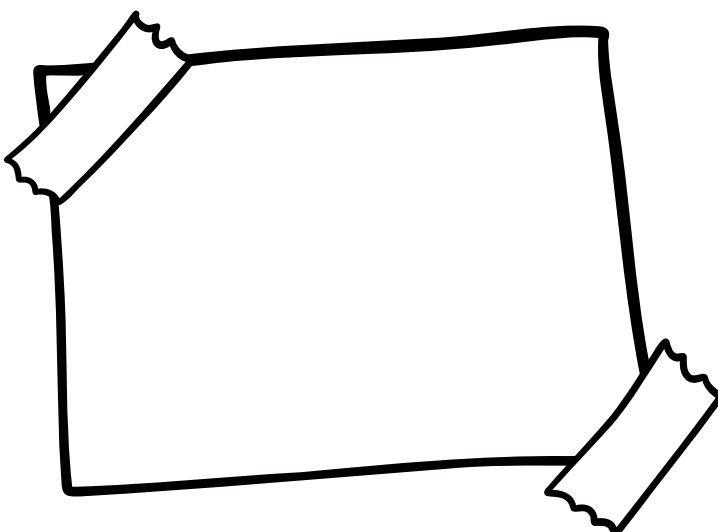
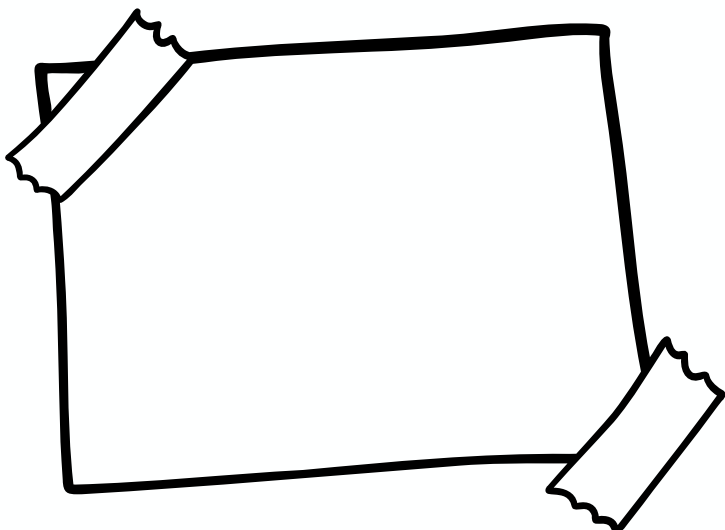
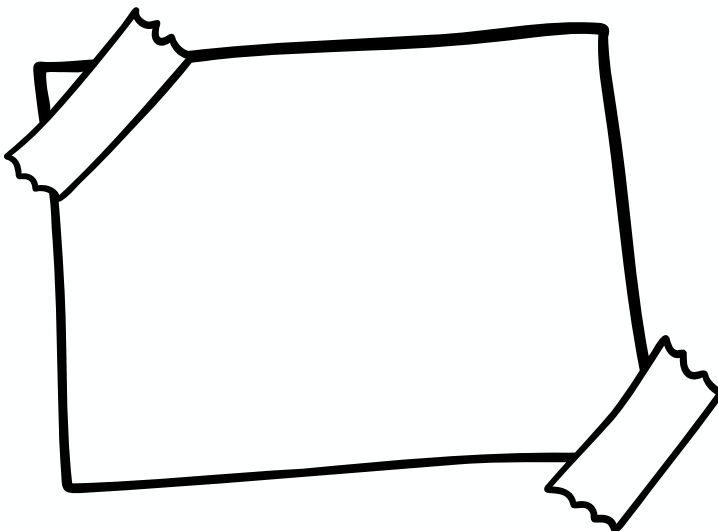
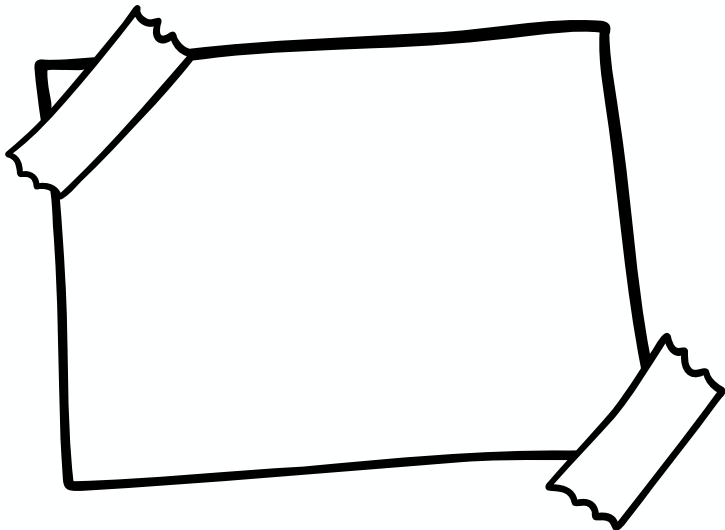
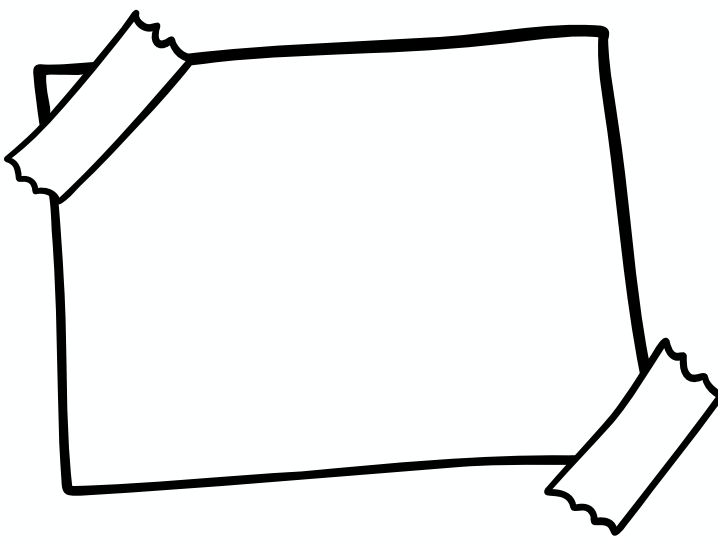
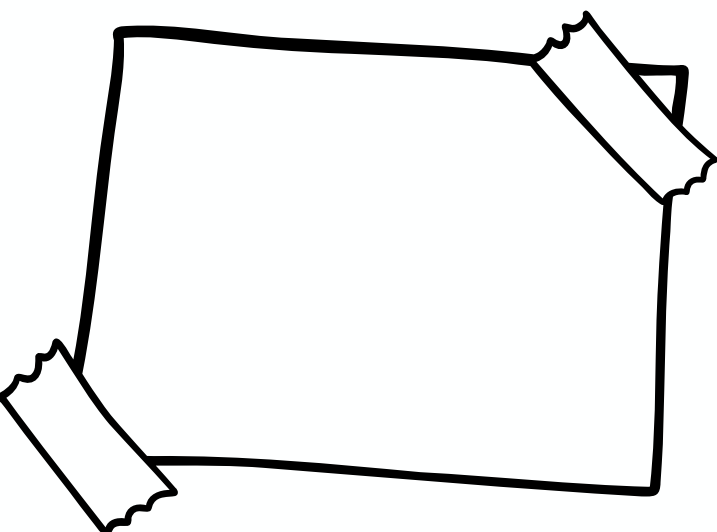
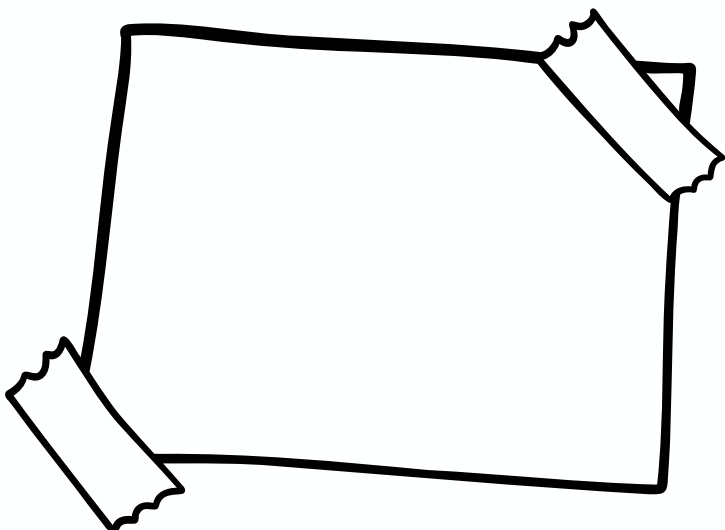
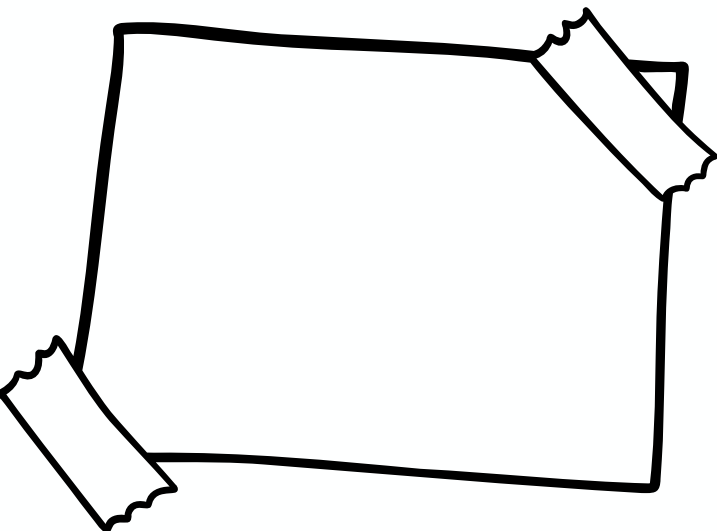
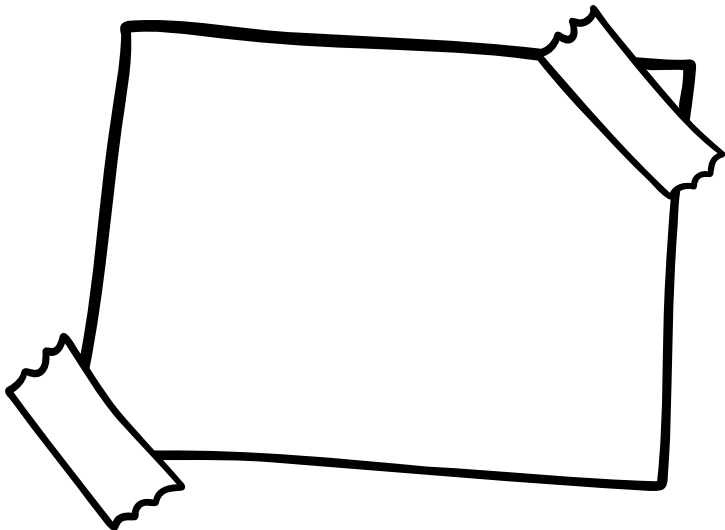
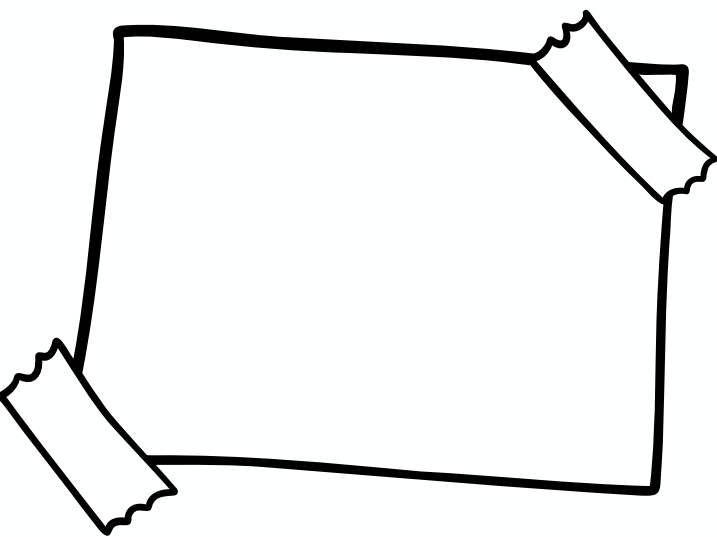
What did we learn?

How did we feel?

How can we improve?

Next Steps:

Reflection



Reflexion



Schedule

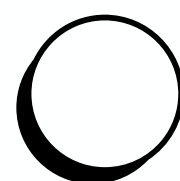
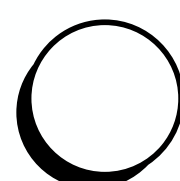
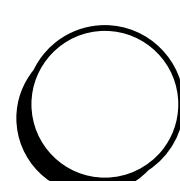
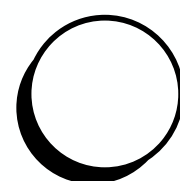
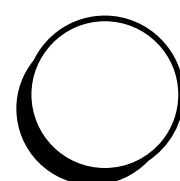
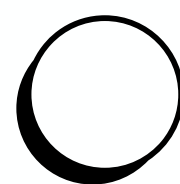
Time:

Place:

Objectives:

Outcomes:

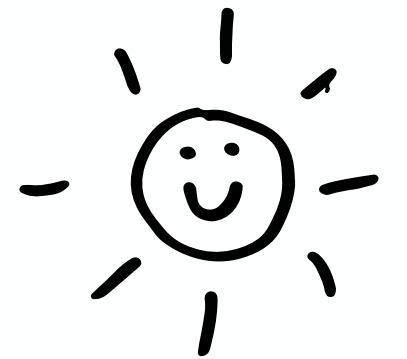
Agenda



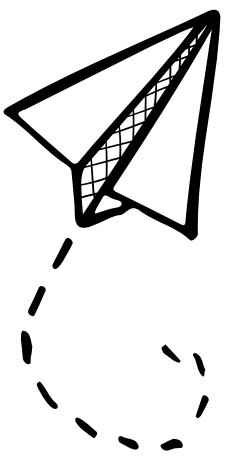
Participants

Workshop Agenda

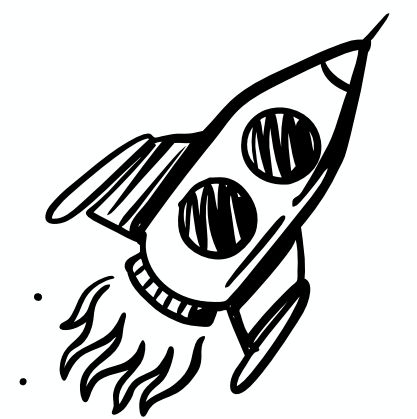
Introduction/Welcome:



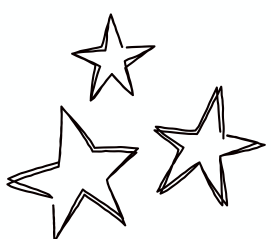
Icebreaker Activity:



Main Activities:



Wrap-Up & Feedback:



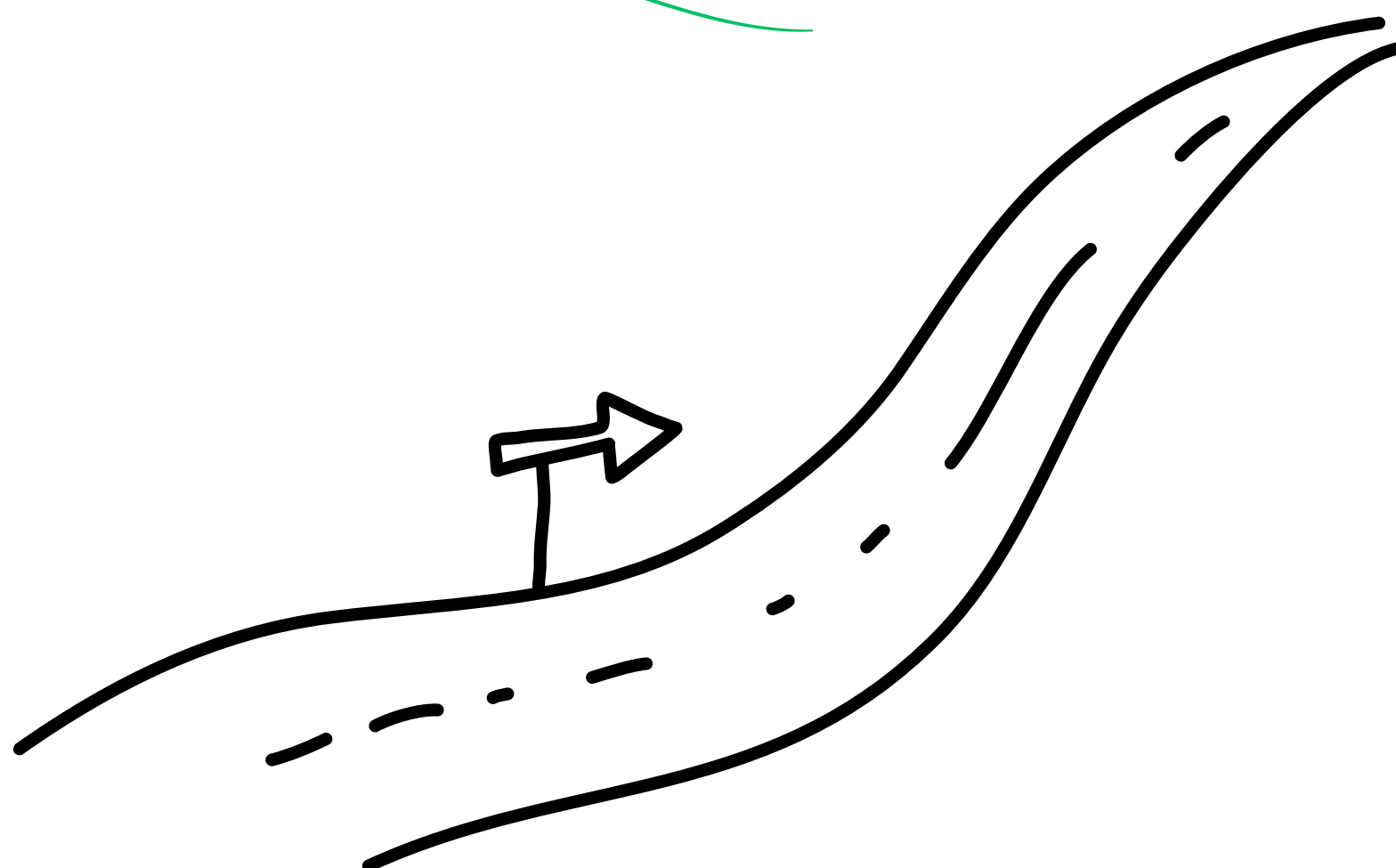


OPORTUNITIES

WHAT AND WHY



VISION

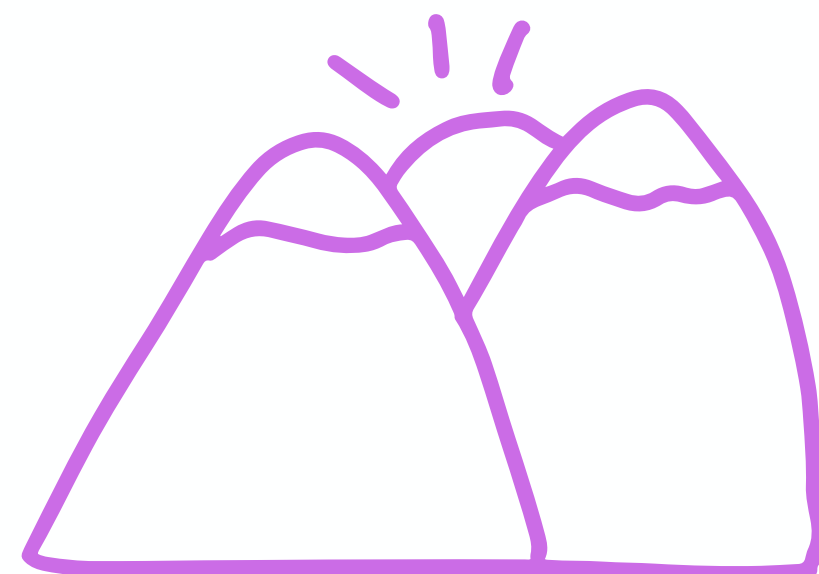


ACTION PLAN

TEAM



CHALLENGES



Mission

Activity Guide

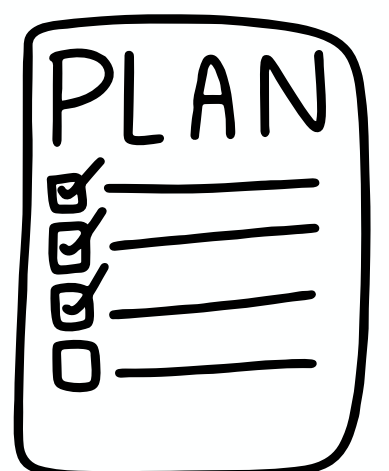
Introduction:



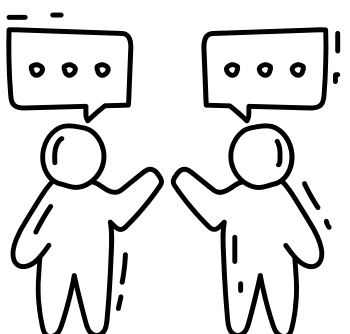
Objective:



Instructions:

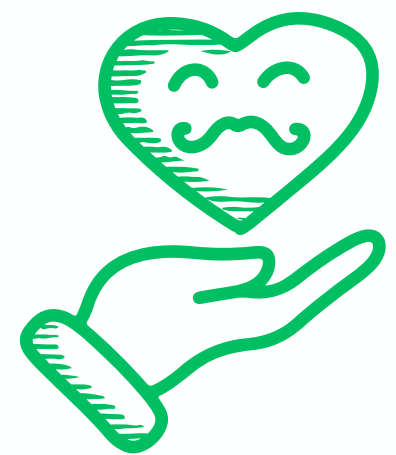


Discussion:



Group Agreement

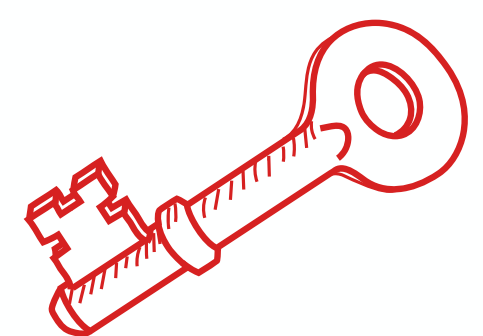
Respect



Participation



Confidentiality



Fun and Positivity



Find Focus