




inspirational session
Focus ON/OFF

Mark Tigchelaar

A hand holding a smartphone displaying a social media post, with a laptop keyboard visible in the background.

On a daily basis, how often do
you think we get interrupted?

More than 200 times a day

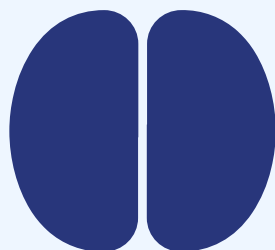
The background image is a dark, slightly blurred photograph of a person's hand holding a smartphone. The phone screen shows a social media interface with text in Russian. In the foreground, the keyboard of a laptop is visible, with a finger resting on one of the keys. The overall tone is professional and tech-oriented.

On average, how much time does it take
for our brains to get back in focus, after an
interruption?

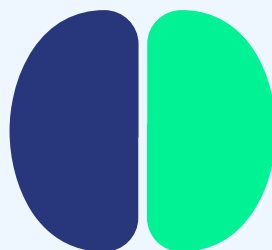
20 minutes

Attention residue

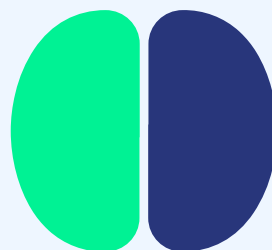
Task A



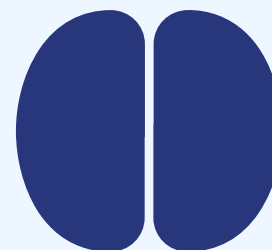
Task B



Task A



Task A



A photograph of a wooden desk in a dimly lit room at night. On the desk is a laptop on a stand, a keyboard, and a tablet. A desk lamp is lit, casting a warm glow. In the background, a large window shows a blurred city skyline with lights. The text 'Our productivity is declining' is overlaid in white, and '40% slower' is overlaid in red below it.

Our productivity is declining

40% slower

The background of the slide features three crumpled pieces of light-colored paper scattered on a dark, textured surface. One crumple is in the upper right, another in the lower left, and a third in the lower right. The text is overlaid on this background.

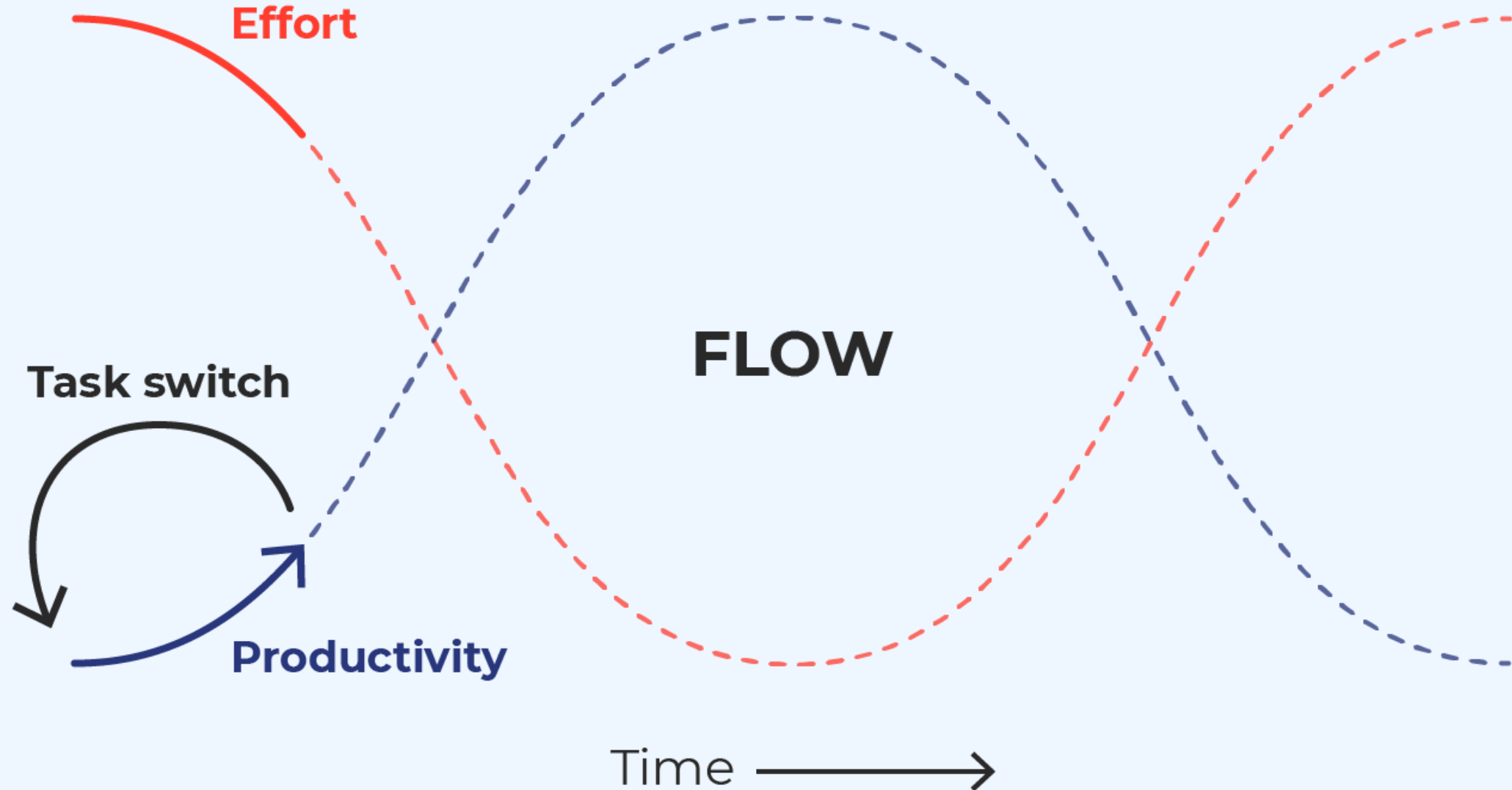
Margin of error increases

20% more mistakes

A person with long hair is sitting at a desk, working on a laptop. The scene is dimly lit, with light coming from a window in the background. On the desk, there is a cup of coffee on a saucer and a pair of glasses. The text "It gets harder to do Deep Work" is overlaid on the image, with "Deep Work" in red.

It gets harder to do **Deep Work**

The Flow Curve™



Our **memory** doesn't function properly at that moment

A person is seen from behind, wearing large black headphones and working on a laptop. They are seated at a dark wooden table in what appears to be a modern office or co-working space. Other people are visible in the background, also working on laptops. A glass of water is on the table to the right. The text "We experience more stress" is overlaid on the image, with "stress" in red.

We experience more stress

Switch, and you're out
- Mark Tigchelaar

Inspiration

Focus Habits

These days, it's no longer about
time management, but about
Focus Management



Focus Management

Oneday training course

- Block 1 **Foundation: the Focus Formula**
- Block 2 **How to increase your resilience?**
- Block 3 **The impact of Internal and External distractions**
- Block 4 **From inspiration to integration**

Focus Habits Coaching

Based on the Tiny Habits method



griponfocus.com/shell