



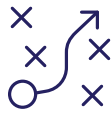
# Focus to Evolve Offerings



## Training Engagement

### Brain-Based Balance & Productivity Training

2-hour training engagement for Outlook and Gmail users with integration follow up session included.



## Coaching Engagement

### Deep Immersion Brain-Based Balance & Productivity Training

3-to-6-month deep immersion coaching engagements with twice per month 'instigation huddles'



## Speaking Engagements

### Customizable to fit needs

45-minute to 90-minute talks

## Why engage in Focus to Evolve training/coaching?

Each attendee will gain back a 1/2 a day to 2 days per week, every week for the rest of their working life, while accomplishing more and maintaining well-being and balance.



## How does the training/coaching work?



These groundbreaking and immediately impactful training and coaching engagements will make attendees more productive by working better hours, not more hours. The modules in this training have been designed to help align your brain chemistry, body chemistry, and general human design with your work & life load management. This, combined with using the Outlook or Gmail platforms *as they were designed to be used*, will instigate a shift in meaningful output that will change lives. The increased energy, bandwidth, and ability accelerates missions and dramatically contributes to meaningful success.



## The programs cover (but are not limited to) the following modalities and meta-skills:

- » Entering **flow state** in deliberate and controlled bursts, increasing cognitive speed, accuracy, and heuristic wisdom by 5 times or more!
- » Activating the ultimate meta-skill of **distraction management**. In this digital era, those who master this craft will operate from strategy, purpose, and mission rather than from inbox and who's yelling loudest.
- » Integrating natural **biorhythms** into a working day with rest cycles, which enables energetic bursts throughout the entire day. (Yes, afternoons and evenings too!)
- » Implementing the craft of a **mature 'No'** and professional border protection to trade up the 'good' for the 'best' in your work and life!
- » **Optimizing Outlook or Gmail** usage habits, settings, and functionalities so the platform becomes an outsourced part of the attendee's brain and a personal executive secretary. Freeing your mind to build relationships, grow business, and solve your customers' problems!
- » Getting **email to zero** and out of the driver's seat without leaving anyone hanging.

**Work Less**  
**Accomplish Far More**  
**Maintain superior health and well being**



[FocusToEvolve.com](https://FocusToEvolve.com)