

Developing a Laser Focus

GoSkills online course syllabus

Skill level

Beginner

Lessons

20

Pre-requisites

No prior experience needed

Video duration

1h 10m

Estimated study time

1h 10m

Instructor

Bill Williams

Introduction

1 Developing Your Laser Focus

Understanding Focus

2 What is focus?

Focus is the most directed and concentrated form of attention.

3 Types of focus

Focus is not a 'one size fits all' phenomenon, it has distinctly different qualities: internal or external, broad or narrow.

Developing Focus Habits

4 Mental rehearsal and focus

Mentally rehearsing your performance is a great way to lay a foundation for focus.

5 Focus and the mind/body loop

The mind/body loop has an incredible effect on focus.

6 Creating a home focus environment

How aware are you of your device use patterns at home?

7 Creating a work focus environment

Improve your focus at work by changing your work environment.

Controlling Your Focus

8

Focus and work

The ability to control your focus during a busy work day is a key success factor.

9

Focus and your environment

Your immediate environment, whether at work or at home, can help or hinder your ability to focus.

10

Know your distraction patterns

Your focus can be interrupted by internal phenomena like thoughts and worries or external things like interruptions and noise.

Barriers to Focus

11

Why is it hard to focus?

Humans are inherently distractible, and it is not always easy to overcome this when you're working to improve your focus.

12

Devices and distraction

The seductive design of digital devices and social media platforms measurably diminish your ability to focus.

13

Focus and Stress

High levels of stress can have a negative impact on your ability to focus and deliver when it matters most.

14

Task Switching, Not Multitasking

When you think you're multitasking, what you're really doing is task switching, which means you're flipping back and forth between tasks.

15

Thinking slow

There's a lot of emphasis placed on speed in our culture, but thinking slow is where deep learning takes place, and it takes focus.

Applied Focus

16

Focus and grit

Grit is about long-term focus and persistence over time, a crucial component in getting big things done.

- 17** **Focus and preparation for performance**
Focusing in the 'right' way is a critical component in high performance. After watching this video, you'll be able to prepare to perform effectively.
- 18** **Focus and connection to others**
You are not always as present as you think you are; you will become a better communicator and listener when you begin to focus more closely on others.
- 19** **Focus and flow**
Flow and focus have a strong connection; in flow, time seems to stop and you become fully immersed in what you're doing.

Conclusion

20 Your path forward

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