

THE ATTENTION INSTITUTE

THERE IS MORE TO YOU, THAN YOU CAN SEE

EXPERIENTIAL LEARNING OF META SKILLS



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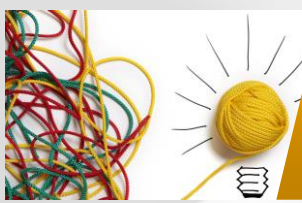





Ex-Goldman Sachs | Nomura | Lehman Brothers | Citibank | World Bank | Accenture

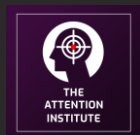
Organizations need to develop their people's meta-skills - a master skill that magnifies and activates other skills.

SKILLS ARE TEMPORARY; META-SKILLS ARE PERMANENT.

Learning a second language or how to code constitutes a skill. A meta-skill, on the other hand, is your ability to learn new languages. Once you've developed that meta-skill, it becomes easier to learn anything.

SIGNATURE LEARNING SOLUTIONS

	META SKILL #1	Attention to Detail Focus Concentration	PACT - Power of Attention and Concentration Training Power of Excellence
	META SKILL #2	Happiness Well-being Energy	Mindfulness - Be Present Pursuit of Happiness
	META SKILL #3	Curiosity Innovation Continuous Learning	Originals - Stay Ahead Of The Curve
	META SKILL #4	Purpose Start with WHY Clarity	IKIGAI - Reason for Being
	META SKILL #5	Gratitude Respect Compassion	O Great One - Power of Appreciation
	META SKILL #6	Resilience Grit Courage	GRIT - Develop Mental Agility and Toughness
	META SKILL #7	Excellence The FLOW Mastery	Deep Work in a Distracted World



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YOUR MIND IS THE MOST POWERFUL THING IN THE UNIVERSE. MASTER IT.