



YOUR FIRST EXERCISE STARTS NOW

Spot the 3 deliberate errors on this cover.

1

2

3

Power of Attention and Concentration Training

PACT



YOUR FACILITATOR

Kamlesh Jain

The Attention Maverick

200,000+

professionals trained

2,000+ sessions

across 12 countries

You don't have less time.
You have less **focus**.

Attention training for the
the world's most demanding workplaces.



THE ATTENTION LAB

How sharp is your attention, really?

Five tests, five minutes. Get your **Attention Score** out of
100, then beat it after PACT.

attentioninstitute.in/#lab



THIS WORKBOOK BELONGS TO

ORGANISATION

DATE



Kamlesh Jain
The Attention Maverick
CA · MBA · MRICS · CTM

The master behind PACT

16 years in investment banking.
14+ years mastering attention.

Led teams of 400+ and businesses worth over US\$15 billion,
where one wrong digit makes headlines.

Keynote speaker
Conferences and forums

Offsite events
India, Gulf, SE Asia

200,000+
people trained

2,000+
sessions

12
countries

14+ yrs
mastering attention

₹0
marketing spend

Seven meta-skills. A signature program for each.

#1
ATTENTION TO DETAIL
PACT

#2
HAPPINESS
Mindfulness

#3
CURIOSITY
Originals

#4
PURPOSE
IKIGAI

#5
GRATITUDE
O Great One

#6
RESILIENCE
GRIT

#7
EXCELLENCE
Deep Work

AWARD · PACT
Highest Business Impact Learning Program

TRUSTED BY TEAMS AT

Big 4
Audit and advisory

MBB
Strategy consulting

Global Banks
Leading global banks

GCCs
Capability Centres

COVER ANSWERS · 1. "the the" across a line break · 2. "trianed" under 200,000+ · 3. 8th target is missing an arm

The Attention Institute

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Your mind is the most powerful thing in the universe. Master it.