

PRODUCTIVITY

Be productive. *Not busy.*

Work = Time × Focus

Time can be managed.

Focus can be multiplied.

23_{MIN}

to fully refocus after a single interruption

Gloria Mark, UC Irvine

47_{SEC}

the average time we hold attention on one screen

Gloria Mark, *Attention Span*, 2023

40_%

of productive time can be lost to task-switching

American Psychological Association

A QUIET TEST · TICK WHAT SOUNDS FAMILIAR

- ☐ The day ends, and the most important task is still undone
- ☐ Email or chat is open within minutes of starting deep work
- ☐ Re-reading the same page, or redoing finished work
- ☐ Meetings by day, real work by night

Two or more? *This day is for you.*

- Single-tasking that feels natural
- Deep work that protects output
- Focus rituals for pressure days

"He kept an entire room completely captivated for practically nine full hours straight."

AMARTHYA DUTTA GUPTA · Software Development Engineer · Siemens Healthineers

YOUR FACILITATOR



Kamlesh Jain

16 years in global banking · ex-Goldman Sachs, Nomura, Lehman Brothers · 200,000+ professionals trained

INSIDE THE ROOM

- Live attention experiments, not lectures
- Your own PACT participant workbook
- Tools you use the next morning

FOR L&D TEAMS

- Trusted by the Big 4, MBB and Global Bank GCCs
- Global training in 12 countries since 2012
- "Highest Business Impact Learning Program" at a global bank GCC

PACT.

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THE ATTENTION LAB

Test your focus
in five minutes

