



## WORK-LIFE BALANCE

# Finish work at work. *Be present at home.*

Burnout is not only about long hours. It is about **scattered attention**: a day of switching, rework and unfinished tasks that follows you home.

### Left work, but work didn't leave you?

That is **attention residue**: when you switch tasks, part of your mind stays on the last one. PACT teaches you to close the loop, so you can truly switch off.

Sophie Leroy, University of Washington, 2009

#### ON SCATTERED ATTENTION

- Long hours, little to show
- Rework that eats the evening
- At dinner, mind still on email

#### ON FOCUS

- The important work, done by day's end
- Right first time, so nothing returns
- Fully present with the people you love

*"It helped me not only at a professional level, but also at a personal level."*

**RAJNIKANT RATHOD** J.P. Morgan · formerly Morgan Stanley

#### 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

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- "Highest Business Impact Learning Program" at a global bank GCC

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