Developing Deep Work Habits

"No one ever changed the world, created a new industry,
or amassed a fortune due to their fast email response time."
- Cal Newport

Bouncing between your inbox, online meetings, social media, multiple work tasks, Slack and group notifications is not only harmful for your brain and productivity but it is no way to excel in today's information economy.

We often succumb to the illusion of busyness = productivity, and do not realise that most of our daily work activities do not contribute to meaningful, ambitious and productive work. Work, that can actually make a tangible difference to our team, company and clients or even disrupt the market or the entire industry.

To be exceptional at work – and to gain recognition for it – you have to leave the path of mediocrity and shallow work behind and adopt an entirely different strategy.

"Deep work" enters the scene.

In his bestselling book, Deep Work: Rules for Focused Success in a Distracted World, Carl Newport defines deep work as professional activity performed in a state of complete, distraction-free concentration that pushes our cognitive abilities to their limit.

These efforts turn on our peak performance brain chemistry, contribute to solving complex problems, create new value, improve skills and supercharge learning.
Engaging in deep work significantly contributes to reaching our high hard goals, developing unparalleled focus, increasing employability, and experiencing a sense of purpose and satisfaction at work.

The focus of this highly practical webinar is to help you integrate the approach of deep work into your daily work routine.

This will help you execute at a higher level and discover the rewards that come with regularly immersing yourself in meaningful work.

Content:

- Choosing your deep work strategy: rhythmic and journalistic approach
- Building a deep work routine: duration, location, structure, requirements
- The 4 disciplines of execution
- Making downtime a priority
- Weaning the mind from a dependence on distraction, and intensifying deep work - further strategies
- Dealing with digital distractions: choosing your digital toolset
- Low quality vs. high quality rest between tasks
- Minimising email correspondence: process-centric approach to email
- Methodical scheduling

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