

Stay focused and productive through disruption

FOCUS resources are science-based, insight-rich and action-focused. They help people at any level in your organization and are applicable across industries and geographies. **FOCUS** covers the essential habits to practice in three critical areas:



Take Care of Yourself

Keep your brain in the best possible shape every day



Look After Each Other

Help others stay productive with the right practices

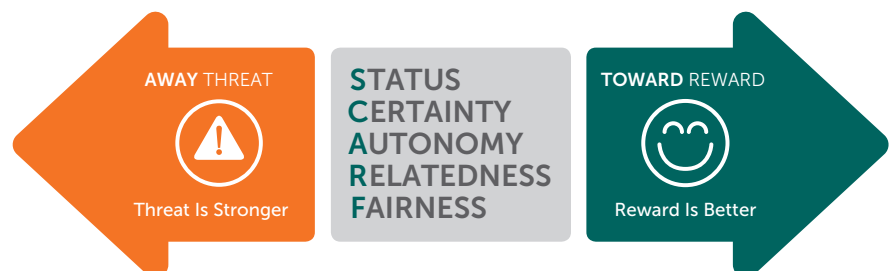


Deliver What Matters

Learn to prioritize better and move faster as a team

During difficult times, the human brain goes on a kind of scavenger hunt for **certainty**, **autonomy**, and **relatedness**—to better understand our environment, gain control of the situation, and feel connected to others. Unfortunately, disruption can leave all three in short supply. As a result, we may feel threatened: Our prefrontal cortex shuts down, we lose our ability to think rationally, and we struggle to think clearly.

FOCUS is an effective solution for addressing these threats, to help people re-engage with their work and concentrate on what matters most. The science of social threat and reward, expressed in the SCARF® Model, can help teams achieve these outcomes.



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