

# Developing a Laser Focus

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

19

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

1h 5m

**Estimated study time**

1h 10m

**Instructor**

Bill Williams

## Introduction

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## Understanding Focus

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- 1** **What is focus?**  
Focus is the most directed and concentrated form of attention.
- 2** **Types of focus**  
Focus is not a 'one size fits all' phenomenon, it has distinctly different qualities: internal or external, broad or narrow.

## Controlling Your Focus

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- 3** **Focus and work**  
The ability to control your focus during a busy work day is a key success factor.
- 4** **Focus and your environment**  
Your immediate environment, whether at work or at home, can help or hinder your ability to focus.
- 5** **Know your distraction patterns**  
Your focus can be interrupted by internal phenomena like thoughts and worries or external things like interruptions and noise.

## Barriers to Focus

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- 6 Why is it hard to focus?**  
Humans are inherently distractible, and it is not always easy to overcome this when you're working to improve your focus.
- 7 Devices and distraction**  
The seductive design of digital devices and social media platforms measurably diminish your ability to focus.
- 8 Focus and Stress**  
High levels of stress can have a negative impact on your ability to focus and deliver when it matters most.
- 9 Task Switching, Not Multitasking**  
When you think you're multitasking, what you're really doing is task switching, which means you're flipping back and forth between tasks.
- 10 Thinking slow**  
There's a lot of emphasis placed on speed in our culture, but thinking slow is where deep learning takes place, and it takes focus.

## Applied Focus

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- 11 Focus and grit**  
Grit is about long-term focus and persistence over time, a crucial component in getting big things done.
- 12 Focus and preparation for performance**  
Focusing in the 'right' way is a critical component in high performance. After watching this video, you'll be able to prepare to perform effectively.
- 13 Focus and connection to others**  
You are not always as present as you think you are; you will become a better communicator and listener when you begin to focus more closely on others.
- 14 Focus and flow**  
Flow and focus have a strong connection; in flow, time seems to stop and you become fully immersed in what you're doing.

## Developing Focus Habits

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- 15 Mental rehearsal and focus**  
Mentally rehearsing your performance is a great way to lay a foundation for focus.

**16** Focus and the mind/body loop  
The mind/body loop has an incredible effect on focus.

**17** Creating a home focus environment  
How aware are you of your device use patterns at home?

**18** Creating a work focus environment  
Improve your focus at work by changing your work environment.

## Conclusion

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**19** Your path forward

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