

The Myth of Multitasking

How to Find Focus in a Distracted World

In an era of 24/7 connectedness and 'nose to the grind-stone' ideologies, multitasking has become something of a workplace badge of honour. In fact, it's often heralded as a 'work skill' in interviews and on resumes. But is it really?

These days the overwhelm of technology and lack of boundaries between work and the rest of life mean that multitasking feels more like a necessity than a choice. *How else will I get it all done?* The truth is that multitasking doesn't make us more productive; in fact the exact opposite is true. With the pace of life ramping up, and hours in the day slipping away, focus and mindfulness matter now more than ever.

In this session, we'll look at how multitasking impacts productivity, what's happening in your brain when you take on too much, and how it hinders learning and memory. Then we'll explore ways to re-focus, prioritize, and really get the job done.

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Michelle Cederberg

speaker • coach • consultant



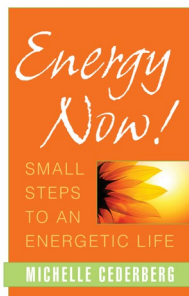
For over 15 years, Certified Speaking Professional Michelle Cederberg has been captivating audiences across North America with her empowering and humorous messages about how to set worthwhile goals, get energized for success, and live a Carpe Freakin' Diem life.

An in-demand speaker, author, coach and consultant, she believes that personal and professional success is directly influenced by the physical, mental and emotional capacity we each have within us to create the life and career we want. She helps people boost that capacity, so they gain clarity, build confidence, and get the discipline to create the life and career they want.

She holds a Masters in Kinesiology, a BA in Psychology, a specialization in Health and Exercise Psychology, is a Certified Exercise Physiologist, a Certified Professional Co-Active Life Coach, and an ORSC-Trained Team Coach. She truly combines mind, body and practicality to empower change.

Michelle is the author of three books. Her newest book *It's How We Work* will be released late 2019.

Michelle's Books



Energy Now! Small Steps to an Energetic Life

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GOT TO IT journal and



If Your Life Sucks It's Your Fault mini-book

Available at Michelle's sessions or on-line at: michellecederberg.com

To learn about coaching, read Michelle's blog, or book her to speak visit michellecederberg.com

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