A QUANTUM POTENTIAL WORKSHOP

Reclaim Your Attention

Three ways to take back your mind in the age of distraction

A 90-minute interactive workshop that helps your team understand how attention gets lost, and how to take it back. Grounded in neuroscience.

It's not a time problem. *It's an attention problem.*

THE ATTENTION CRISIS, BY THE NUMBERS

47 sec
average focus on one screen, down from 2½ minutes in 2004

275×
interruptions a day: a meeting, email or ping every 2 minutes

25 min
to fully return to a task after an interruption that lasted seconds

44%
of interruptions are self-initiated. That part is yours, and it's trainable.

Sources: Dr. Gloria Mark, UC Irvine, *Attention Span* (2023); Microsoft Work Trend Index (2025).

THREE TRAINABLE TOOLS

Each one solves a different problem

1

Curiosity
answers reactivity

"What am I reaching for, and why?"

2

Energy
answers depletion

"Is this worth my energy right now?"

3

Imagination
answers narrowing

"What else is possible?"

The workshop *at a glance*

LENGTH	FORMAT	STYLE	INVESTMENT
90 minutes	**Virtual; in-person on request**	**Chat + breakouts**	**$2,500**

HOW IT WORKS

Every tool follows one simple practice, so it holds up mid-chaos, not just in the workshop.

1. **Notice**
   The pattern, the moment, the thinking, the habit.
2. **Choose**
   Ask: how can I reclaim my agency right now?
3. **Apply**
   Create a conscious redirect to build new pathways by design, not default.

EVERY PARTICIPANT LEAVES WITH

- **A clear intention** for where their attention can be directed, chosen before something else chooses it for them.
- **The Reset Practice:** a daily anchor of one intention, three questions, ten minutes.
- **Intention Priorities:** time blocked on their calendar for the idea that sparked their imagination.
- **A new understanding** that distraction isn't a willpower failure. It's trained, so it can be retrained.

PROVEN IN THE ROOM

Results from a global marketing agency

100% saw value for work + life

90% would recommend

Measure the shift. Optional custom pre- and post-workshop surveys track changes in your team's attention awareness.



Eileen Crossin
Founder & CEO, Quantum Potential

Certified in mind-training techniques, including the neuroscience of leading with your brain (UC Boulder). 20+ years in revenue leadership across digital media and AdTech, including C-suite experience; a conscious leader at companies like TikTok, leading high-performance teams.

THE MOMENTUM PATHWAY

Your team's path to momentum

YOU ARE HERE
01 · WORKSHOP
Awareness
see the patterns

→

02 · INTERACTIVE EXPERIENCE
Practice
build the reps

→

03 · BOOT CAMP
Application
use it on real work

→

04 · MASTERCLASS
Integration
make it stick

Bring Reclaim Your Attention to your team.

Trusted by enterprise and mid-market teams across the US + UK.

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