

WORKSHOP INVITATION

DEEP WORK IN A DISTRACTED WORLD



Contents

The success and the quality of academic work is closely interlinked to a scientist's ability to maintain focus and a high level of concentration over extended periods of time. Conflicting tasks, professional and social distractions – and these days, the Covid 19 shutdown of the workplace – jeopardize our ability to engage in “deep work” – a ‘distraction-free concentration that pushes cognitive capacities to their limit’ (Newport, 2016, Csikszentmihalyi, 2008).

In the course of the workshop, you will learn how to cultivate the required mindset for highly concentrated work and how to create time and space for regular, undisturbed deep work periods at the office – and at home!

Date & Time: May 6, 2020: 9:30 to 13:00

Central topics:

- **Maintaining a focus in a distracted world**
- **Deep Work:** Strategies for highly concentrated and creative work
- **The power of routines:** Building deep work habits

HOW TO PARTICIPATE

1) Log-in: Please use the following log-in details to join:

Workshop: Deep Work at Home

Time: 6.May.2020 09:30 AM Amsterdam, Berlin, Rome

Access Link: <https://us02web.zoom.us/j/89329026727>

Meeting-ID: 893 2902 6727

2) Download software: You may need to download the software or to create an account with Zoom. Please click on the link at least 30 min prior to the event and complete the required steps.

3) Camera & mic: Please make sure that your camera and microphone are functional and turned on during the seminar.



TRAINER

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