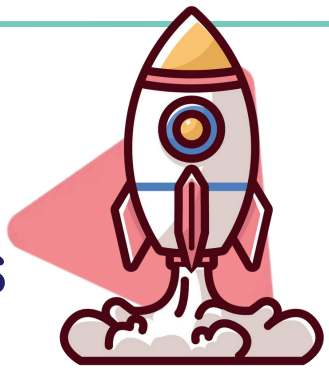
connections in mind



5 Top Tech Tools
to get things done

Sustained Attention:

The ability to hold one's attention on 1 task at a time, avoiding distractions.



Hyperfocus

Complete absorption in a task, to the point where the person appears to ignore or tune everything else out.

What kinds of activities do you hyperfocus on?

Tips to remember before getting started:

- Try one strategy out at a time
- You need to find the tool that works for you
- Stick with it for a while to see if it works for you
- Commit to the tool for some time - it takes 60 iterations for something to become a habit!



1

Pomofocus

www.pomofocus.io



Time block website & app

Helping you to chunk your work into 25 minute slots, based on the Pomodoro technique

Click here for a video on the Pomodoro technique

Here's a video on the Pomofocus app

2

BlockSite

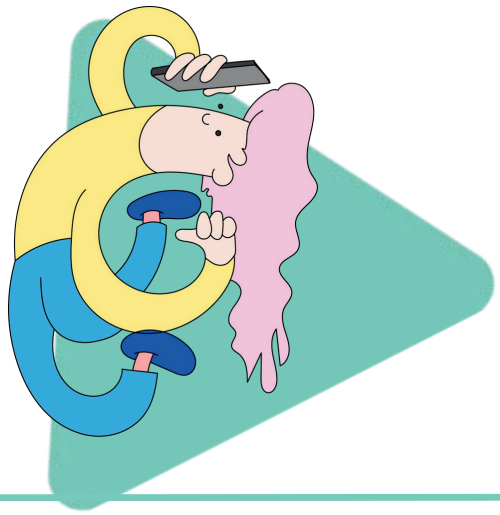
www.blocksite.co

BlockSite

Timed website & app blocker

Block your access from those distracting sites for a scheduled time, so you can get stuck into the tasks you really need to get done.

Click here for a video on Blocksite



3

Flora

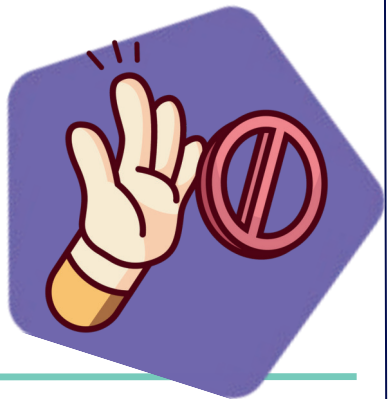
www.flora.appfinca.com/en/.co



Great for resisting distractions & setting time blocks for tasks

Grow virtual trees when you are able to resist picking up your phone or exiting your work on a laptop.

Click here for a video on Flora



4

OneTab

www.one-tab.com

Organise your browser tabs

You can save your browser tabs into lists, name them for specific projects. and quickly hide and then bring up your tabs when needed.

No more distracting multiple-tabbing chaos!

Click here for a video on OneTab



5 Youtube Playlists

www.youtube.com

Choose from a range of playlists according to your sensory preferences

Here are some you might enjoy:

Gentle melody

Nature sounds

Rain sounds

Alpha study waves*

*Research suggests that binaural audiovisual stimulation can positively increase concentration (Park et al., 2018).



My Reflections on the 5 Tech Tools



Pomofocus.io

Initial thoughts: _____

_____

Thoughts after trying: _____

_____

BlockSite

Initial thoughts: _____

_____

Thoughts after trying: _____

_____

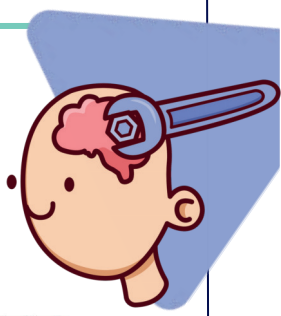
Flora

Initial thoughts: _____

_____

Thoughts after trying: _____

_____



OneTab™

Initial thoughts: _____

_____

Thoughts after trying: _____

_____

YouTube

Initial thoughts: _____

_____

Thoughts after trying: _____

_____

Final Concluding Thoughts:

_____

_____

_____

_____

_____

_____

_____

Would you like more support?

"The advance of technology is based on making it fit in so that you don't really notice it - so it's part of everyday life."

Bill Gates



You're doing an amazing job!

Don't forget that!

Take a look!

Want more focused support to strengthen your Sustained Attention?

Sustained Attention Course
https://cimlearning.com/product/sustained-attention-increase-your-focus-and-maximise-productivity/

Want to learn more about executive functioning?

Free intro to executive functions course
https://www.cimlearning.com/courses/intro-efs/

Looking for a supportive community in our group sessions?

Weekly Support Group
https://cimlearning.com/courses/weekly-support-session/

Fortnightly Strategy Group
https://cimlearning.com/courses/connected-minds-membe rship-strategy-sessions/#

Parent Facebook Group
https://www.facebook.com/groups/executivefunctionssupportgroupparents

Adult Facebook Group
https://www.facebook.com/groups/204786124308836

Book a call to talk about coaching!
https://connectionsinmind.com/consultations/

