

Finding Focus

Do you ever find it hard to stay focussed? Do you ever feel overwhelmed with thoughts and feelings? Would you like to learn techniques to help you keep your attention and maintain calm?

Then check this out!



Finding Focus is a simple, 22 day self paced program to help strengthen attention skills. It's all at your fingertips through an app you can download on your phone or computer. The focus activities are short and all set to music that you choose. The program includes 4 short lessons on the science of thinking and how to develop new thinking patterns to increase attention capacity and calm. Watch this [video](#) to see what **Finding Focus** is all about.

If this sounds good to you, fill in this [Google Form](#) and we'll get you started!

Join one of three groups I'll be hosting beginning **February 16, March 1, and April 6.**