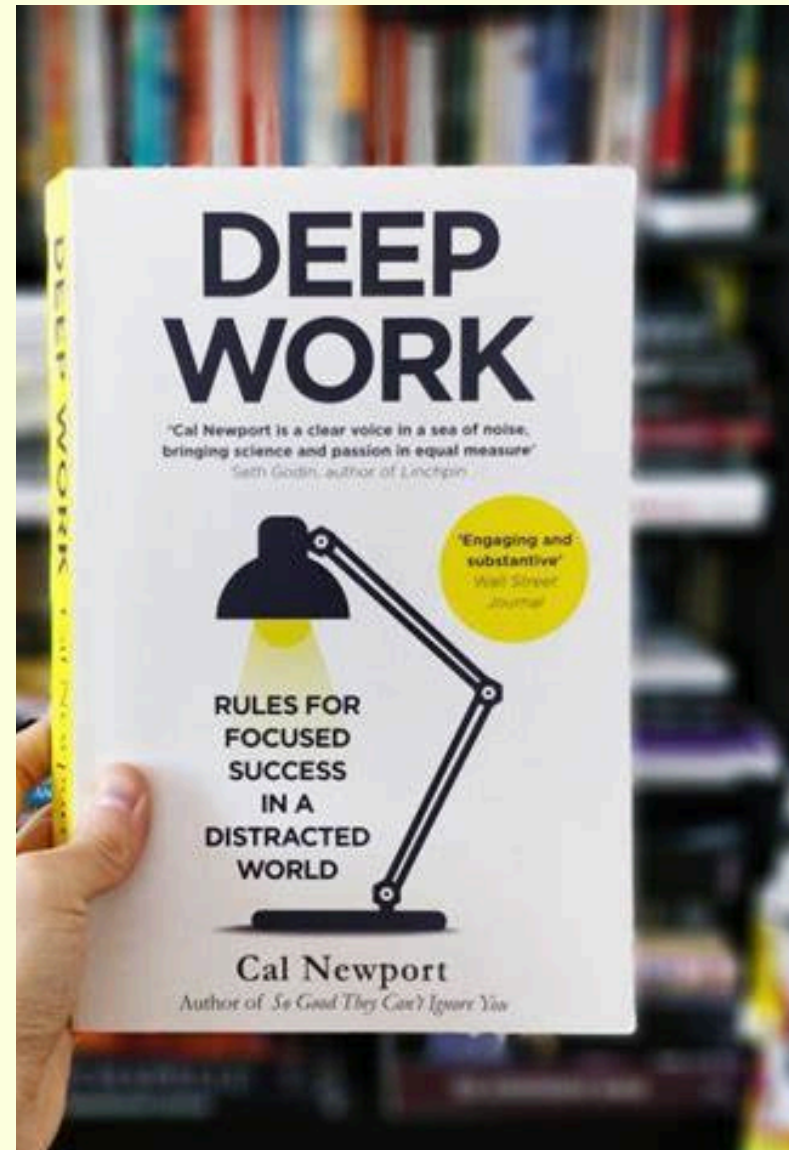




FOKUS & FLOW
COMMUNITY

DEEP WORK & FLOW



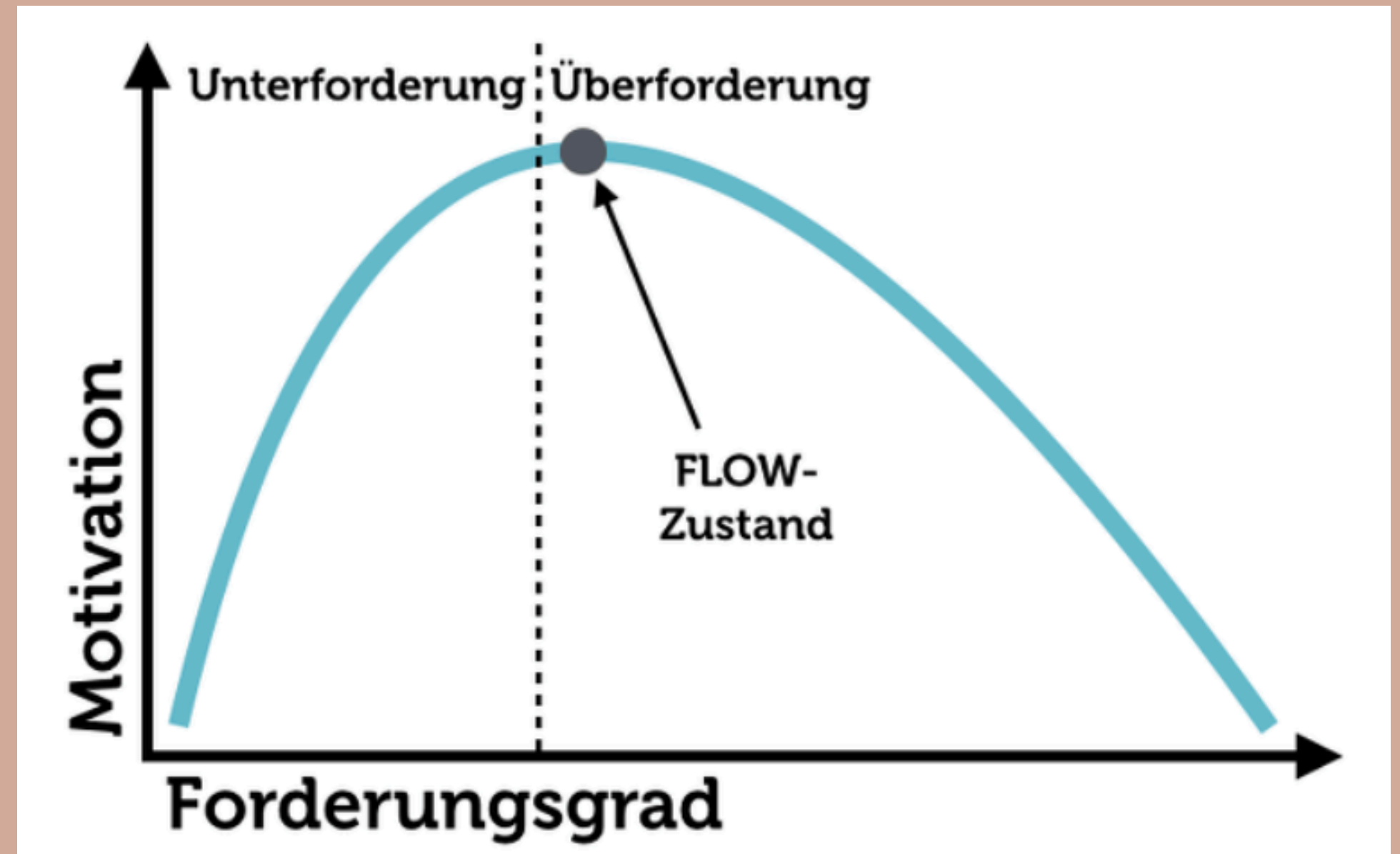
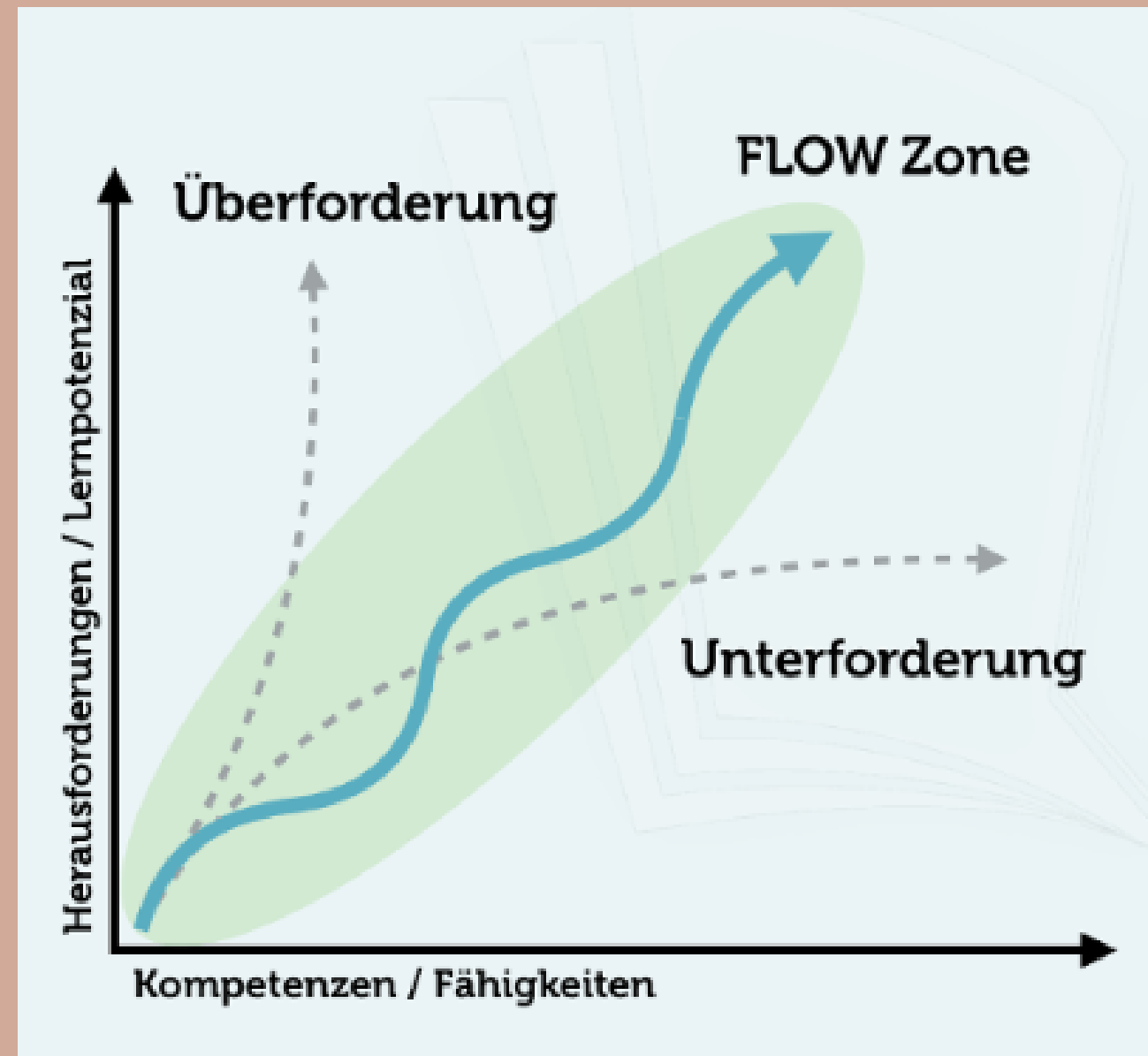
DEEP WORK

Cal Newport

Tiefe Konzentration
100% Fokus
Keine Ablenkungen

Flow

FLOW



SHALLOW WORK

Hin- und Herwechseln zwischen Aufgaben
“Multitasking”
E-Mails
Organisation
Ablenkung



DEEP WORK: 12 ERFOLGSFAKTOREN

Klares Ziel und Definition der Aufgabe(n), Priorisierung

Herausforderung & Kompetenz

Zeitcluster (Fokus-Sessions)

Vollen Fokus

Routine

Rituale

Mindset

Trainierte Konzentrationsfähigkeit

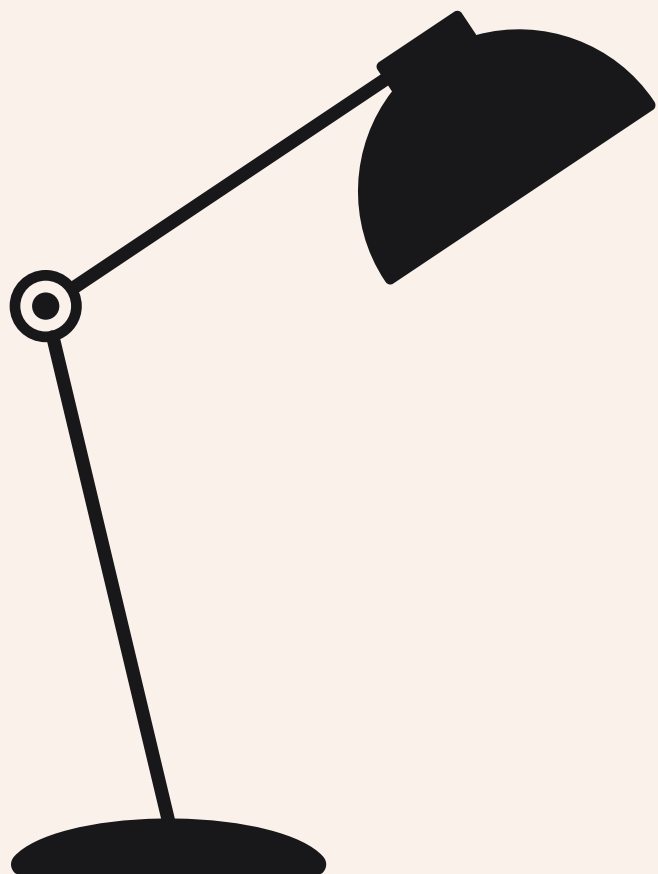
Sinnvolle Pausen

Optimales Anspannungslevel (Stressmanagement)

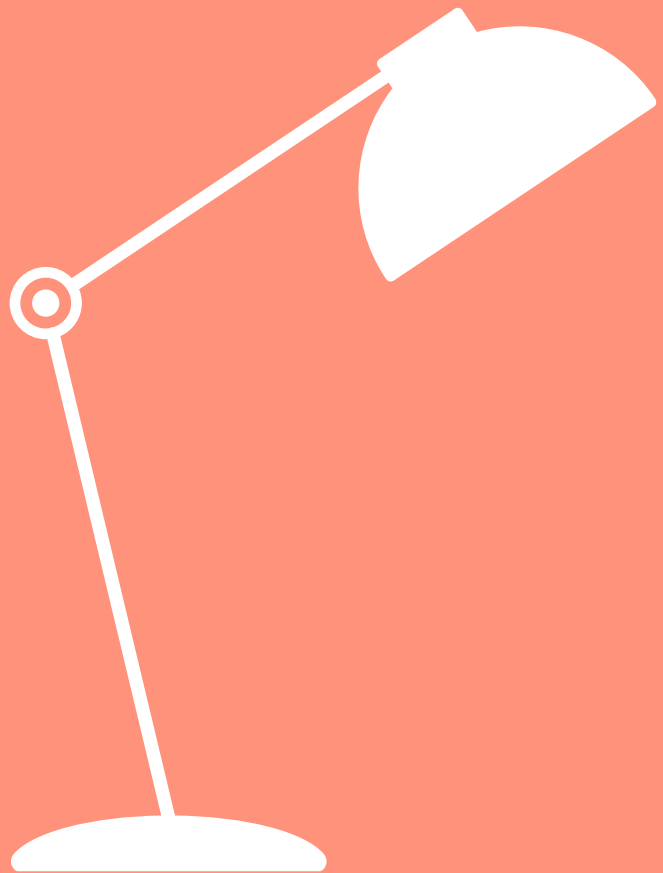
100% Abschalten nach der Arbeit

Ordnung

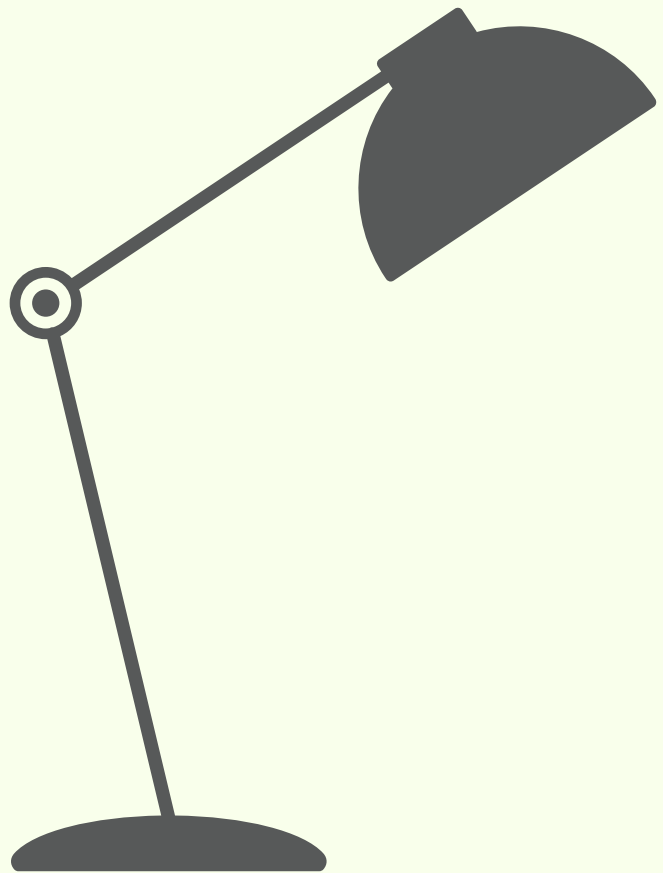
Variante: "Bimodales Arbeiten"



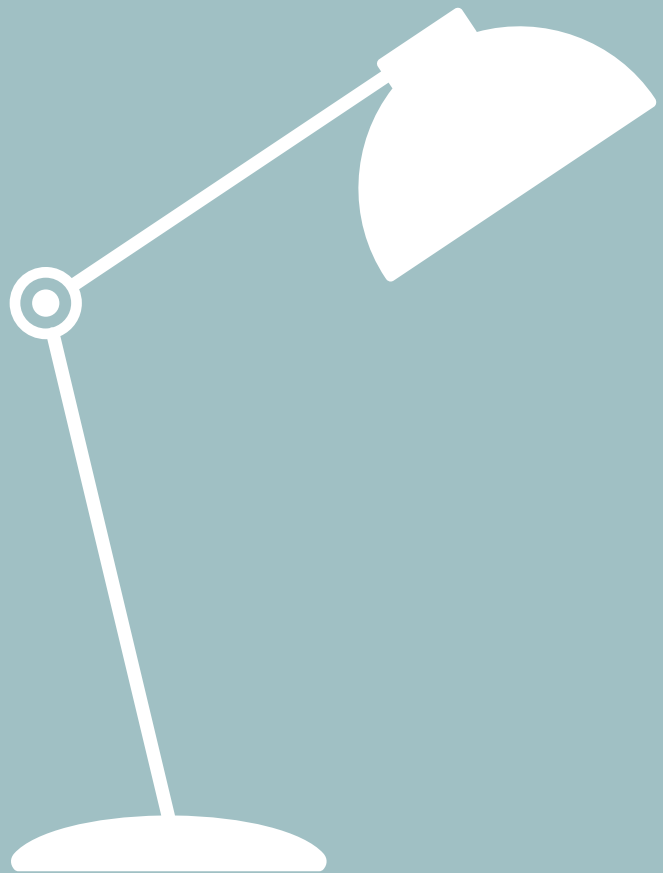
Klares Ziel und Definition der Aufgabe(n), Priorisierung



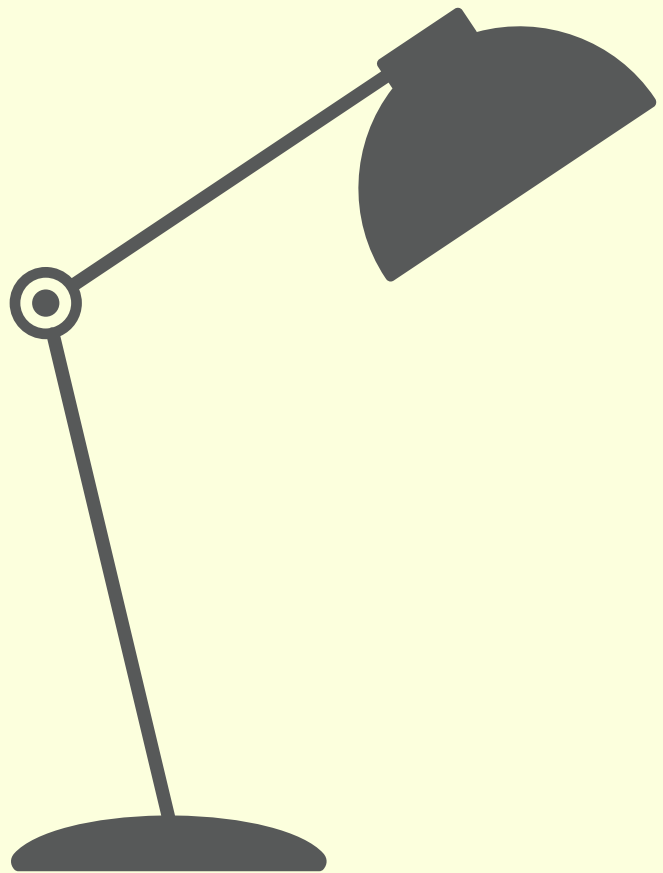
Herausforderung & Kompetenz



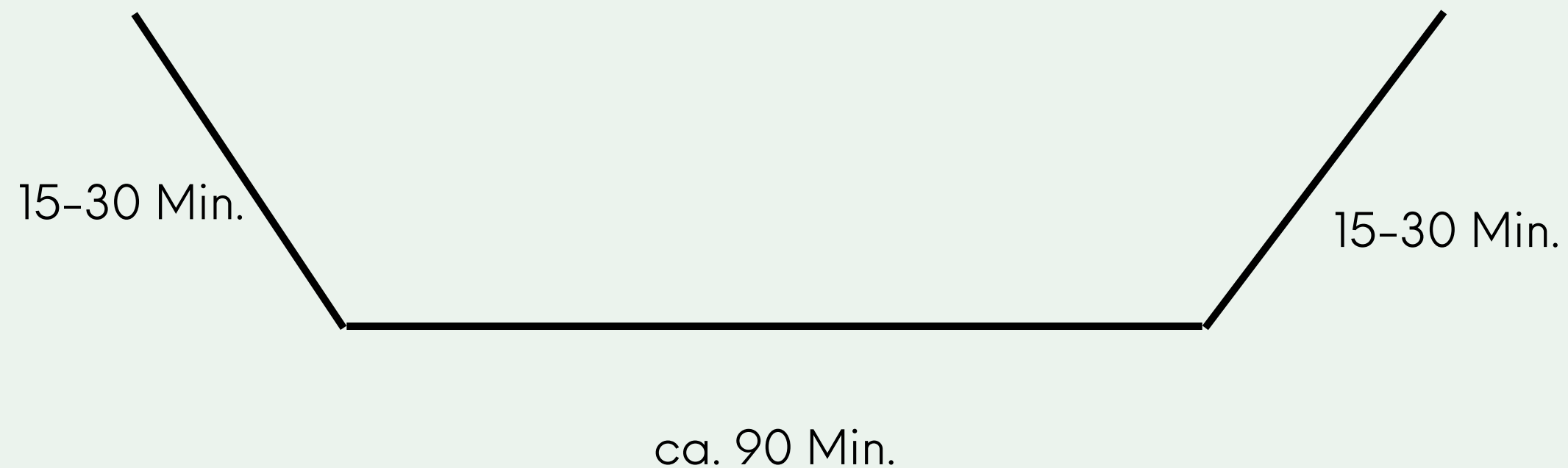
Zeitcluster (Fokus-Sessions)



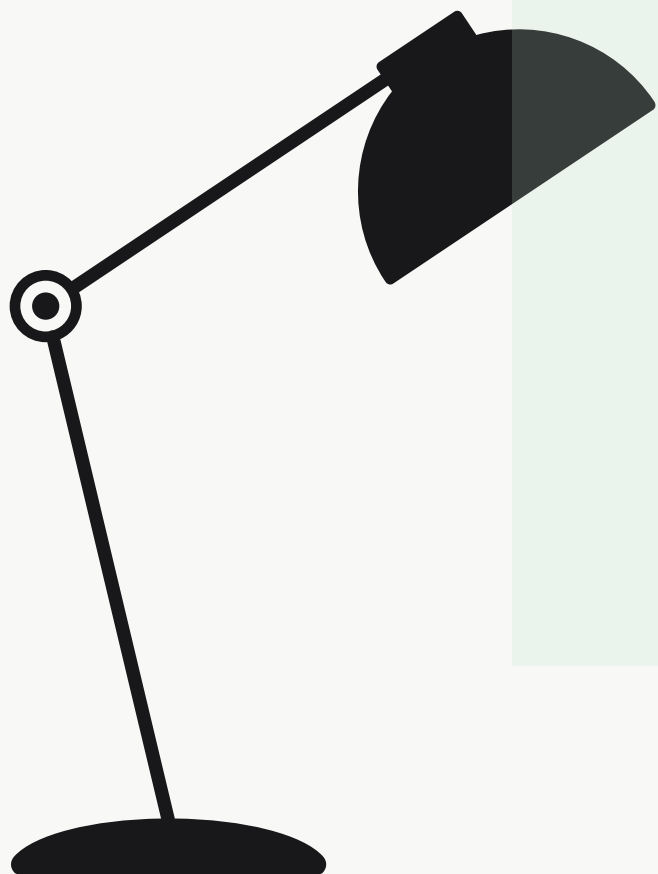
Sinnvolle Pausen



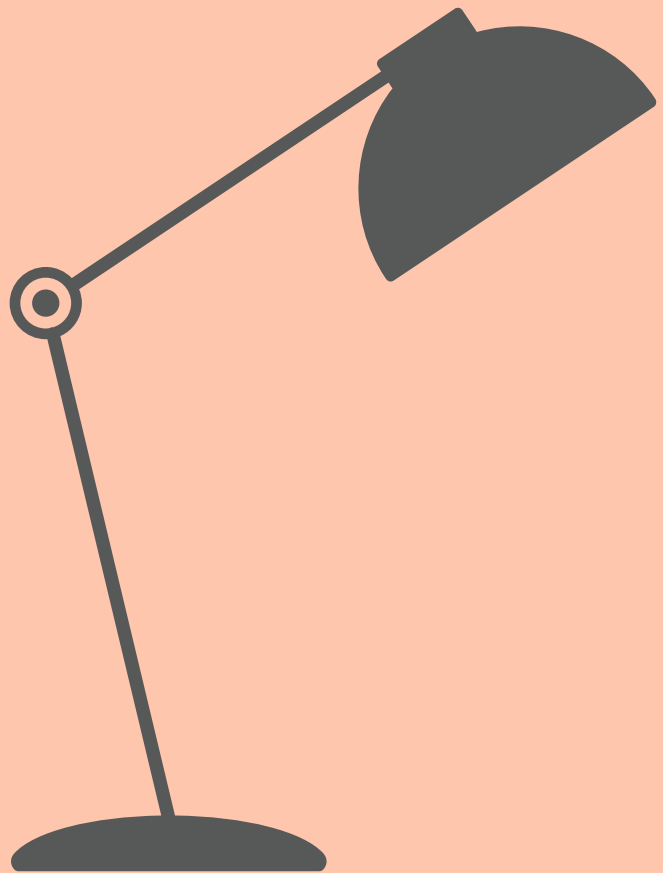
DEEP WORK ARBEITSPHASE



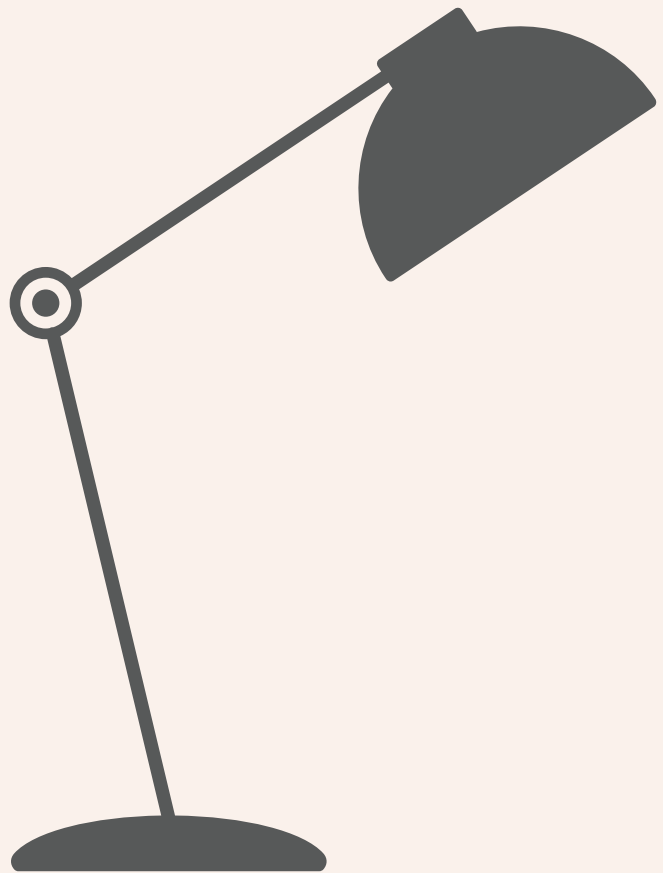
Forschung: 4h Deep Work/Tag



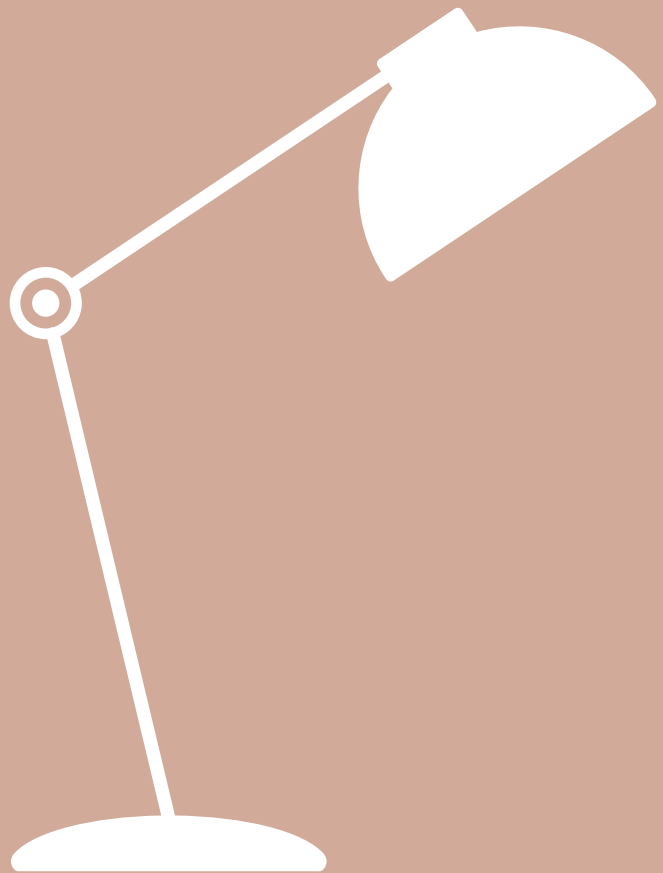
Voller Fokus



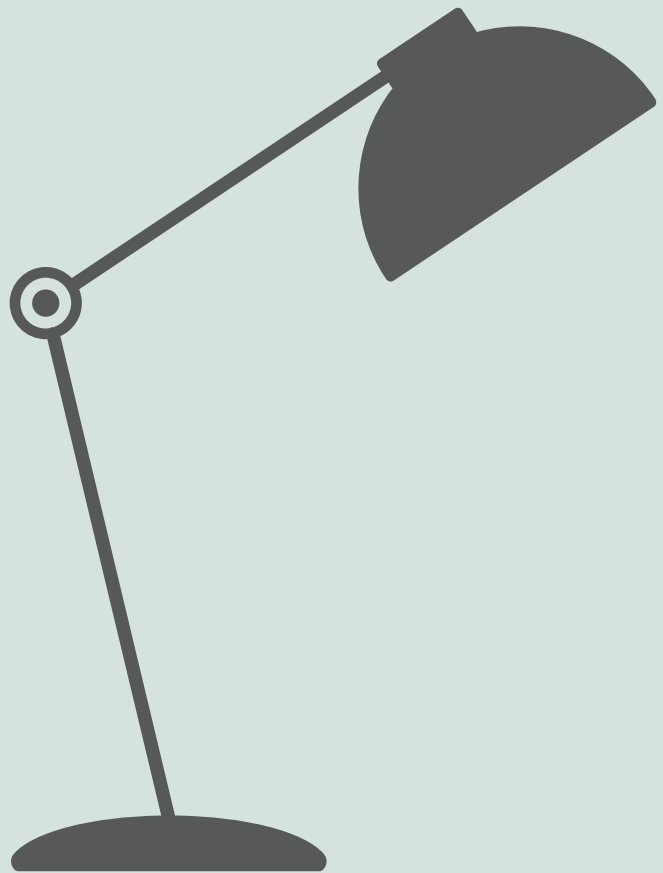
Routine



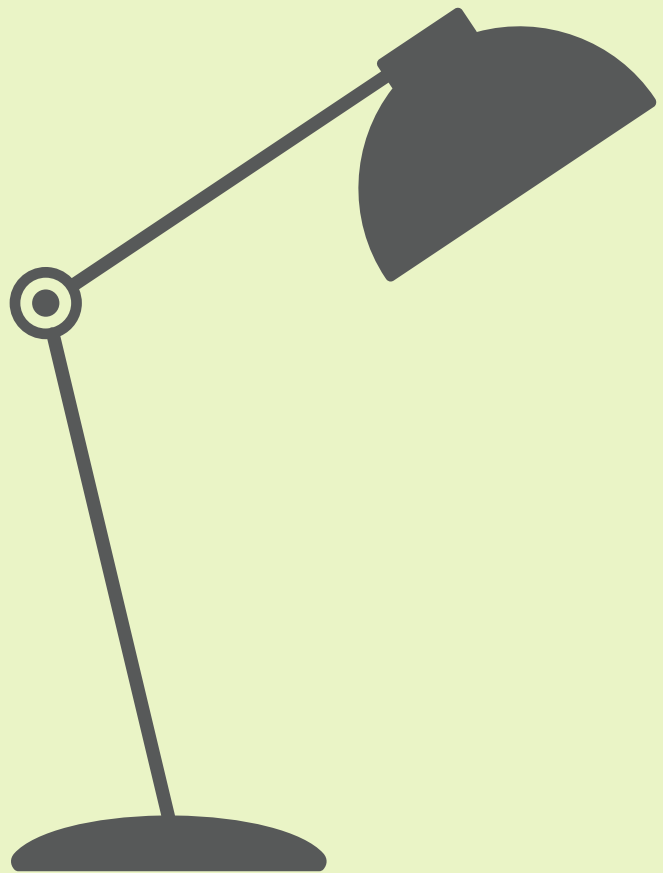
Rituale



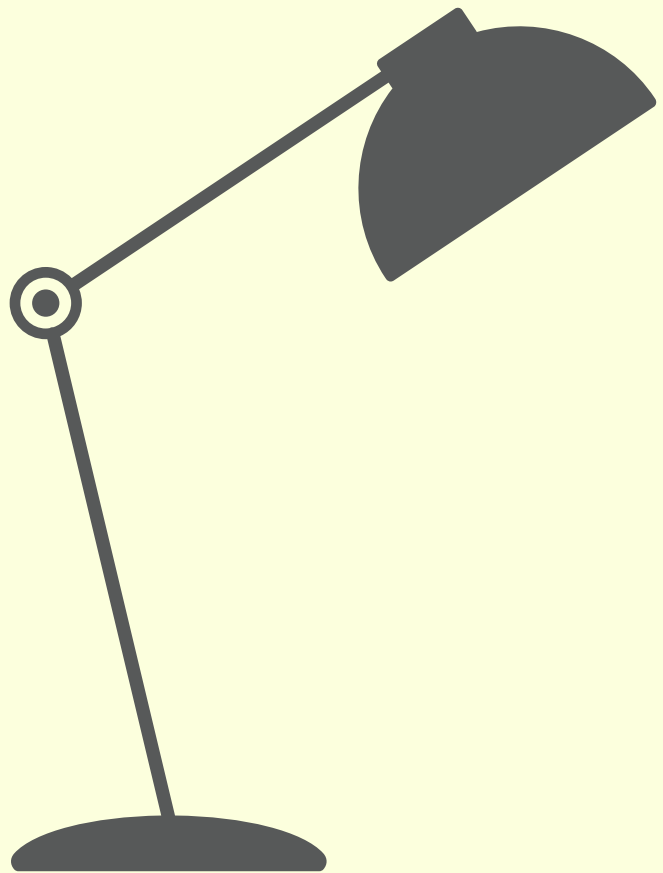
Mindset



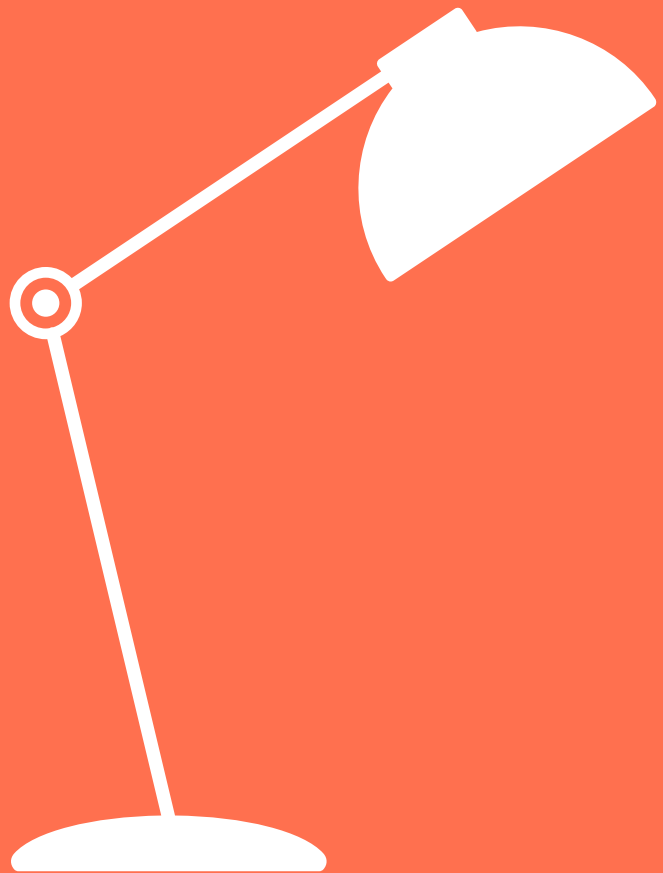
Trainierte Konzentrationsfähigkeit



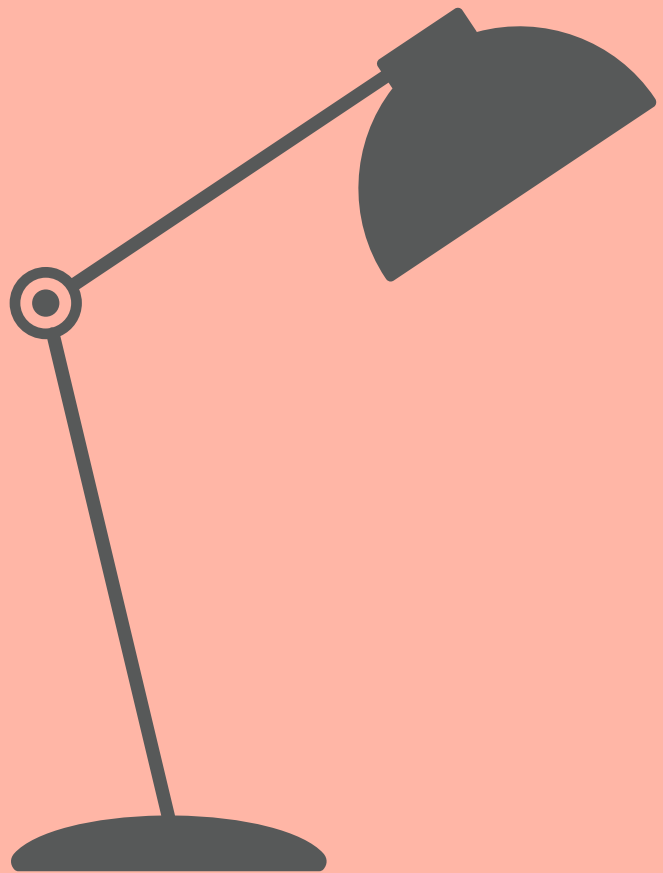
Optimales Anspannungslevel (Stressmanagement)



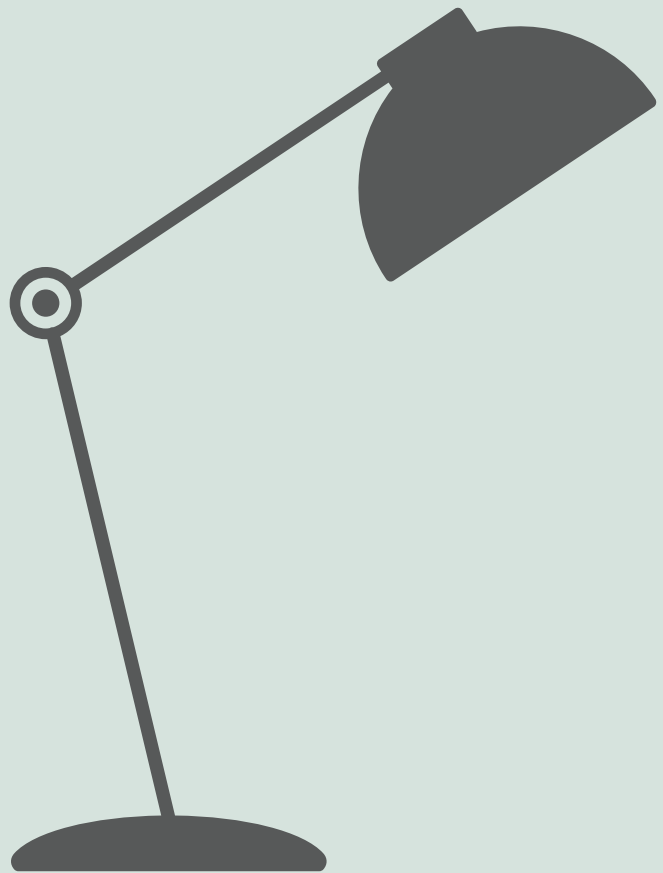
100% Abschalten nach der Arbeit

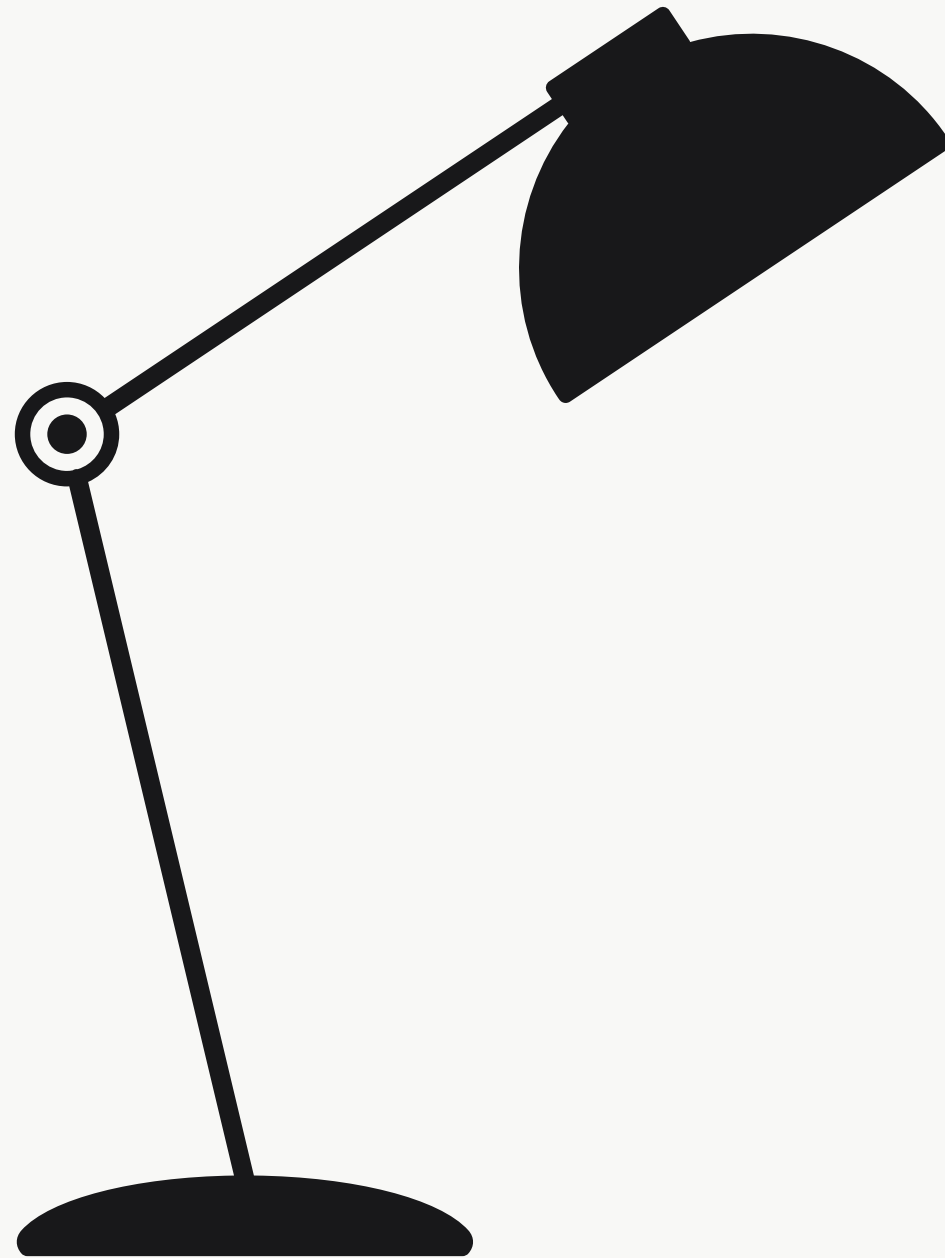


Ordnung



Variante: “Bimodales Arbeiten”





Klares Ziel und Definition der Aufgabe(n), Priorisierung
Kompetenz
Zeitcluster (Fokus-Sessions)
Vollen Fokus
Routine
Rituale
Mindset
Trainierte Konzentrationsfähigkeit
Sinnvolle Pausen
Optimales Anspannungslevel (Stressmanagement)
100% Abschalten nach der Arbeit
Ordnung

Variante: "Bimodales Arbeiten"