



Dynamical Change Newsletter

Helping you make sense of rapidly changing world, so you can land on your feet

Hi,

Welcome! I'm glad you're here. Today, I'm starting something new. I realized that speaking comes easier to me than writing. So, I'm sharing a bytesized video to share a powerful technique I use myself and for everyone I coach.

Manage your focus not your time



I have consumed all sorts of literature and self-help on the subject of time management for the past 20 years. And after attempting again and again and again, I've come to a conclusion, this is the fastest way to feel inadequate. You see, we all have the same 24 hours. What you do during that time and whether it's draining or energizing, makes a huge difference.

Granted it takes practice and there are ways to accelerate the journey with a support structure (family, friends, well-wishers, and coaches.) Nevertheless, it's

worth it.

Watch the video. I'd love to hear from you!

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1558 Tinos Overlook Way, Apex
NC 27502 United States

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