



## ***Zoomed Out: How to be more focused & productive during virtual meetings***

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It's not only you. Ten minutes into a virtual meeting, people's attention starts to wander. You find yourself multi-tasking, checking your email or scrolling through your phone. Before you know it, you've disengaged from the conversation.

Even though meetings often consume as much as half of the workday, many people feel that they are not the best use of one's time and energy. Couple that with the shift to virtual meetings as people work from home and productivity and efficiency can take a nosedive.

In this session you will explore how to boost your focus and engagement so that virtual meetings are a greater success.

Participants will learn:

- why it's so easy to be distracted in virtual settings
- simple and straightforward strategies for maintaining focus
- basic tips on how to have productive online meetings





Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world.

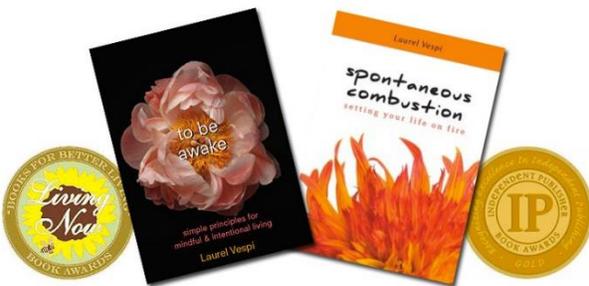
Laurel guides people to create the mindset, skills and routines that allow them to not only enjoy the beautiful moments of life but also manage the challenging ones. Her goal is to help you find the sweet spot where mindfulness meets resilience.

***Motivational Speaker, Award-Winning Author, Certified Life Coach***

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. She has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books ***Spontaneous Combustion: Setting Your Life on Fire*** and ***To Be Awake***. Laurel is also the host of the popular podcast ***The Being & The Doing***.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit [laurelvespi.com](http://laurelvespi.com)