

# CEU Info

## Focused Excellence: The Art and Science of Monotasking for Architects and Designers / CEU (HSW)



In this course, we're going to challenge the popular belief that multitasking is the key to productivity. Our objective is to offer insights and strategies for streamlining your daily tasks, and ultimately, enhancing the quality of your work and elevating your productivity levels.

We will explore the 12 concepts of Monotasking while focusing on six activities designed to enhance creativity and efficiency. Through engaging exercises and focused work sessions lasting just 20 minutes a day, discover how you can reduce stress levels and attain heightened focus in both your personal and professional pursuits.

The CEU is one hour long and is approved by the Interior Design Continuing Education Council (IDCEC) for Health, Safety and Welfare (HSW) Credit.

### Learning Objectives

- **Understanding Multitasking:** Explore the definition of multitasking and delve into the reasons why we attempt it.
- **The Benefits of Singular Focus:** Examine why dedicating your attention to one task at a time is better for your overall well-being and productivity.
- **Unpacking Monotasking:** Explore the concept of Monotasking, as defined by author Thatcher Wine, and discover the significance of the 12 Monotasks.
- **The Impact of Focus:** Understand how maintaining focus can contribute to heightened creativity, improved health, and increased productivity in your daily activities.
- **Implementing Monotasks for Well-being:** Learn how to identify and integrate monotasks that align with your preferences, requiring as little as 20 minutes for a positive impact on your overall well-being.

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