

Distraction Management:

Maximize Your Productivity and Ability to Focus on Relevance

FOR MEN AND WOMEN IN RECOVERY

Thursday, June 5th 2025

6:00pm-8:00pm

The Edna House for Women

2007 W. 67th St.

Cleveland, OH 44102

Event to be held in the boardroom. Enter in the rear of the building.

Maximum Number of Attendees – 20. Serious inquiries only please!

Please make sure you provide your full name, email address, and cell phone number when registering.



This will be the first of a number of workshops dedicated to helping those in recovery to move their lives forward with purpose! Time is your most valuable resource. Unlike money, there's no way to earn back the minutes of your life that pass. In our digitally saturated world, distractions are at every turn. In this workshop, we will arm you with practical strategies to manage these distractions, maintain your focus, strengthen your energy level, and stay tuned to those things that are most relevant.

By mastering the art of distraction management, you can.....

- Enhance your performance and productivity at work and at home
- Deploy strategies that will mitigate fatigue and burnout
- Reduce stress while strengthening your coping skills
- Accomplish more in less time
- Get the meaningful things done
- Find sources of joy and fulfillment
- Improve your well-being
- Transform your life into a more enjoyable and fulfilling experience

Registration Methods

EMAIL: joeb@brady-partners.com

VISIT: <https://unicorns-polkadots.org>

PHONE: Joe Brady 440-653-0352, or Elizabeth Bongorno 216-699-1803



Jason Henkel



Jason Henkel is the Founder and Chief Balance Engineer at Focus to Evolve. Widely known as the 'Productivity Whisperer', Jason transforms individuals and teams globally with the delivery of sustainable effectiveness and wellbeing. Jason's unique, brain-based approach to productivity and wellbeing is not just about getting more done, but rather about achieving far more meaningful output in less time while keeping balance and wellbeing at center stage.

Jason's journey to becoming a productivity expert is inspiring and relatable to so many. He climbed the ranks of a Fortune 100 company, finding himself in a demanding, globe-trotting role. Despite his hard work and determination, he found himself overwhelmed by the always-on culture of our modern era and sheer volume of workload. The imbalance this created in his life became a toxic norm.

Jason eventually realized the path he was on was not leading to joy, but to burnout and quickly diminishing quality of life. This realization sparked an intense period of study and self-reflection, during which Jason discovered the meta-skills, modalities and strategies that allowed him to escape the trance of busyness and begin a new path. He found a way to thrive and achieving a state of spacious productivity that enabled him to still get it all done but in a truly sustainable way.

When asked what he does, Jason's answer is simple and clear: "I deliver calm, deliberate, and authentic productivity that drives purpose." His unique approach has earned him the nickname 'The Productivity Whisperer' from US Navy SEALs Commander Mark McGinnis. Having trained executive leadership teams, organizations, and individuals around the globe, Jason's ultimate goal is to help individuals and teams thrive in their highest priorities while enabling a more spacious, healthy, and high-performing life.