



GROWTHPOINT
Organization

TAG TRAINING
INTERNATIONAL

THE KEY

Mastering your attention



Does any of this sound familiar?

- ✓ Read the same paragraph three times because nothing went in
- ✓ Picked up your phone — then forgotten what you wanted to do
- ✓ Walked into a room and forgotten why you went there
- ✓ Sat in a meeting while your mind was somewhere else
- ✓ Reached the end of a busy day and wondered what you actually achieved

**Your attention is one of your most valuable resources.
But very few of us have ever been taught how to use it.**

THE KEY is a practical, interactive one-day workshop about how attention really works — and how to use yours more deliberately.



Focus better



Clear mental clutter



Put your attention
where it matters



17 October 2026



Growthpoint
Centre, Lanseria



R5 000
per person



Includes materials,
refreshments & lunch

BOOK NOW >



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BETTER ATTENTION. CLEARER THINKING. POWERFUL RESULTS.

*A clearer
you creates a
brighter tomorrow*