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TITLE: OVERCOMING BARRIERS TO BUILDING CONCENTRATION IN DISADVANTAGED ADULTS: INSPIRING EXAMPLES AND VALUABLE EXPERIENCES

INTRODUCTION:

Concentration is a key factor for success, but it is not always easy to achieve, especially when we are faced with various barriers. In this episode, we will look at some of these barriers and present inspiring examples and experiences of people who have overcome these difficulties.

BARRIERS TO BUILDING CONCENTRATION:

Before considering ways to build concentration, it is worth first to identify some barriers that may affect our ability to focus. These may be external factors such as noise, distractions or an inappropriate work environment. But there are also often internal barriers, such as lack of motivation, low self-esteem or negative beliefs.



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BAD HABITS AND COUNTERMEASURES:

There are many factors and incorrect habits in our private and professional lives that can distract us. Below I present some key factors and actions that are worth understanding and counteracting to focus our attention more effectively.

1. Technology and social media:

- Constant notifications from our phones and other devices can constantly interrupt our attention.
- Constantly checking social media can lead to excessive distraction.

Countermeasures:

- Turning off notifications from your phone and other devices during work or specific tasks.
- Scheduling specific times to use social media and limiting your time.

2. Multitasking:

- Trying to perform multiple tasks simultaneously may result in lack of focus and reduced efficiency.
- Jumping between different tasks can lead to a loss of context and make it difficult to focus.





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Countermeasures:

- Planning and prioritizing tasks, focusing on one task at a time.
- Using techniques such as Pomodoro Technique, i.e. dividing time into specific intervals of concentration and breaks.

3. Bad time management habits:

- Lack of a clear action plan and scattered time management can lead to inefficiency.
- Failure to prioritize tasks can lead to distraction on less important things.

Countermeasures:

- Creating a list of tasks and prioritizing them by importance.
- Planning specific blocks of time for specific tasks and staying within these limits.

4. Negative beliefs and stress:

- Negative thoughts and beliefs can affect our concentration and motivation.
- Stress and excess pressure can lead to distraction.



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Countermeasures:

- Becoming aware of negative beliefs and replacing them with positive and constructive thoughts.
- Using relaxation and breathing techniques to reduce stress and improve concentration.

Recognizing these key factors and erroneous habits that distract us and taking appropriate actions to counteract them is crucial to building effective concentration in our private and professional lives. Let us remember about the need to consciously manage our attention and eliminate factors that may disturb our concentration.

EXAMPLES AND EXPERIENCES:

Some inspiring examples of adults who overcame various barriers to staying focused in disadvantaged situations:

1. Emily's Example: Emily was a single mother who worked long hours and struggled with a lack of support. Using time management techniques and eliminating distractions helped her focus on important tasks and manage her time effectively.
2. Thomas's example: Thomas suffered from attention disorders and had difficulty concentrating on one task. Thanks to systematic training in concentration skills, including meditation and breathing techniques, he managed to significantly improve his ability to focus.





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3. Camilla's example: Camilla worked in a stressful environment, which often affected her concentration. Learning stress management techniques, such as deep breathing and relaxation techniques, allowed her to focus on tasks despite the difficult conditions.

SUMMARY:

The stories of Emily, Thomas and Camilla show that despite various barriers and difficulties, building concentration is possible. It is worth identifying obstacles, both external and internal, and using various techniques and strategies to help us overcome these barriers. Concentration is a skill that can be developed and strengthened, and the effects of this process can be enormous.

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