



**Area:** Pay Attention

**Title:** Distracters

**Objective:** Identify and discuss obstacles to paying attention

**Set Up:** What gets in the way of you paying attention? We all want to pay attention, yet there are things, processes, or people that distract us from our work. It is important to identify these barriers as individuals and as a group so that the barriers can be removed or minimized.

**Discussion:** The leader asks the following questions to identify distracters for individuals in the group and as a group.

- Discuss the things/processes that distract you from doing your work each day?
- What obstacle, if removed, would have the biggest impact on your work?
- What obstacle, if removed, would have the biggest impact on our team?
- What idea do you have on how an identified obstacle can be removed or minimized?
- What can you do/we do to proactively obstacles in the future?