

THURSDAY TRAINING

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Digital Maldives for
Adaptation, Decentralization
and Diversification





Navigating New Horizons

The DMADD team carries out monthly workshops named 'ThursdayTraining'. These short trainings aim to facilitate knowledge sharing among its members. The sessions are planned to be conducted on the last Thursday of every month.

The primary objective of these workshops is to enhance mutual understanding and upskilling among team members, ultimately contributing to the achievement of the project's overarching goals. The D'MADD team will share insights related to their work as well as have the chance to impart valuable experiences and life lessons that could benefit the entire team.

This initiative not only promotes professional growth but also strengthens the bonds within the DMADD team, setting a positive tone for collaborations and teamwork.



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Reasons You can't focus at work

29 February 2024

The Session conducted by Dr. Waheed was focused on reasons that people can't focus at work and "Burnout". He gave great insights on how to mitigate these occurrences through discipline.



Dr. Waheed, several key factors were highlighted that contribute to difficulties in maintaining focus at work. Dr. Waheed's insights provide a comprehensive understanding of these challenges and offer practical solutions.

Firstly, Dr. Waheed emphasized that fatigue is a major reason for decreased productivity. When we are tired, our cognitive functions slow down, making it harder to concentrate on tasks. This not only affects the quality of our work but also our overall well-being. Dr. Waheed suggested that ensuring adequate rest and managing energy levels throughout the day can significantly improve focus and efficiency.

Secondly, Dr. Waheed pointed out that constant exposure to negative information can have a detrimental effect on our ability to concentrate. In today's world, where media outlets often report distressing news, it's easy to become preoccupied with external events rather than our professional responsibilities. Limiting exposure to such information, especially during work hours, can help maintain a more positive and focused mindset.

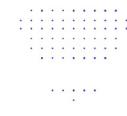
Thirdly, Dr. Waheed used the metaphor of 'spinning too many plates' to describe the struggle of managing multiple tasks simultaneously. In attempting to juggle various responsibilities without dropping any 'plates,' we often find ourselves overwhelmed and unable to give adequate attention to any single task. He recommended prioritizing tasks and focusing on one at a time to achieve better outcomes and reduce stress.

Lastly, Dr. Waheed addressed the issue of a lack of interest or satisfaction in one's work, which inevitably leads to difficulty focusing. When we dislike what we're working on, our engagement plummets along with our productivity. Dr. Waheed advised finding aspects of the job that are enjoyable or aligning tasks with personal interests to reignite motivation and improve focus.

Understanding these factors, as highlighted by Dr. Waheed, is crucial for both employers and employees aiming to create more conducive environments for concentration and efficiency at



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Reasons you
can't focus at
work

- 01 Tired
- 02 All bad news
- 03 Spinning too
many plates
- 04 Hate what you
are working on



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work. By addressing issues of fatigue, managing exposure to negative information, prioritizing tasks, and finding satisfaction in work, we can enhance our ability to focus and achieve greater productivity.



Dr. Ibrahim Waheed
Project Manager





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Ministry of Homeland
Security and Technology

