

## Get off the Superhighway



Over the last three weeks I've been looking at Leadership Presence

Leaders with presence are great at really focusing on what they are doing and on the person or people they are with.

Many of you are joining me on a mission to get more focus in your own life and work so I thought you would love this great article from David Rock. It's a reminder that now, as Rock says, 'might be the time to build in some limits and boundaries for our hyper-connected lives, to reduce the number of accidents along our information superhighways'

<http://shar.es/RP6yq>