Focus & Flow in IT: Mental Tools for Calm, Motivation, and Performance in IT

Course code: KORFF

Less stress, more results. Focus & Flow in IT is your personal "toolbox" for the mind and team communication. This practical training provides a set of proven mental tools to quiet chaos, switch on concentration, transform deadline pressure into calm performance, handle difficult conversations, and maintain motivation even during demanding sprints. Performance no longer fails because of technical knowledge, but because of the state of mind. You will leave with concrete habits that work within minutes—right in a normal working day.

Who is the course for

For anyone in IT who wants less stress and more results—without burnout.

What we teach you

Training Objective

The objective of the training is for each participant to learn six mental techniques for managing stress, maintaining focus, and improving collaboration, be able to apply them during the workday, and introduce a measurable habit into team practice.

Benefits

- You will master a quick reset: switching from tension to calm performance within 90 seconds.
- You will reduce escalation in conflict conversations and reach agreement more easily.
- You will maintain focus even with frequent task switching, without unnecessary overload.
- You will transform frustration into motivation—extracting value and the first step from a problem.
- You will introduce simple rituals that increase team energy and accountability.
- You will leave with scripts and cheat sheets that work in everyday IT situations.

Required skills

Input text

Course outline

- Introduction: Focus &Flow in IT
- Why attention "breaks down" under stress and what to do about it.
- A personal map of stress triggers and focus loss.
- Quick state reset – body, attention, words
- A simple protocol to calm down and regain focus.
- Creating your own short ritual.
- The "inner coach."
- Mental reframing of challenging situations
- How to reinterpret a situation so that motivation and willingness to act increase.
- "3 new perspectives" on a current problem.
- Team learning from mistakes.
- The "movie in your head" and working with imagination
- How to reduce fear and strengthen courage by adjusting mental images and the inner voice.
- "Editing the movie" – working with your own stressful mental scenario.
- The "comic critic" – how to lighten a paralyzing inner voice.
- Three perceptual positions for better agreements
- How to gain empathy and perspective in a conflict: my view, the other person's view, and the neutral observer.
- Short role-plays – everyone takes away one behavioral adjustment.
- The customer's perspective.
- Learning from the best
- Success leaves clues: how to observe effective habits and adopt them.

GOPAS Praha
Na Strži 2097/63
140 00 Praha 4 - Krč
Tel.: +420 226 201 390
info@gopas.cz

GOPAS Brno
Nové sady 996/25
602 00 Brno
Tel.: +420 530 513 590
info@gopas.cz

GOPAS Bratislava
Dr. Vladimíra Clementisa 10
Bratislava, 821 02
Tel.: +421 902 903 132
info@gopas.sk

Copyright © 2026 GOPAS, a.s.,
All rights reserved

- Exercises.
- The “anchor” – quick access to calm or confidence
- How to set up a gesture or word that triggers a positive state on demand.
- My personal anchor.
- Transfer into practice
- How to turn the technique into a habit – micro-steps, visible reminders, buddy agreement.
- Personal action plan.

The training combines self-coaching techniques (working on oneself) and team activities.Text1

GOPAS Praha
Na Strži 2097/63
140 00 Praha 4 - Krč
Tel.: +420 226 201 390
info@gopas.cz

GOPAS Brno
Nové sady 996/25
602 00 Brno
Tel.: +420 530 513 590
info@gopas.cz

GOPAS Bratislava
Dr. Vladimíra Clementisa 10
Bratislava, 821 02
Tel.: +421 902 903 132
info@gopas.sk

Copyright © 2026 GOPAS, a.s.,
All rights reserved