



Metro Hartford Office  
 30 Lafayette Square, Suite 118 \* Vernon, CT 06066  
 860.872.3190 \* Toll-free 800-JOY-9075 \* Fax 860.872.3468  
 Email: dcrandall@ChristAtWork.org Web: FCCI.org, FCCI-NE.org

**Fellowship of Companies for Christ  
 Greater Hartford Chapter  
 April 15, 2015**

- Welcome! Opening prayer and praise reports
- FCCI update
- **Today's topic: Cultural A.D.D.**

***“For God is not the author of confusion, but of peace, as in all churches of the saints.”  
 --1 Corinthians 14:33***

Attention - focus, concentration  
 Deficit - lacking  
 Disorder - dysfunction

In the words of one of my clients, the VP of a major bank, “We’re all multi-tasking our brains out.” In recent weeks, I’ve been dumbfounded by the volume of people that I’m working with who have A.D.D.; their style of leadership is characterized by high stress, high pressure, compressed deadlines, chaos, confusion, anxiety, forgetfulness, impatience, false starts, and unrealistic expectations. It’s exhausting!

What happens to me is that I end up being a kind of “Marketing EMT,” trying to scramble, get things organized, and make good things happen at the last minute...oftentimes in the midst of a budget crunch.

My suggestion today is that much of what is described as A.D.D. is not “medical” (physical) but emotional, mental and spiritual. What are the solutions?

- Pray.
- Write it down, think it through, get organized, and prioritize.
- Pace yourself.
- Sleep.
- Exercise and watch your diet.
- Other?

Evaluate yourself from 1 (weak) to 10 (strong) in terms of being able to focus & concentrate.	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits might you enjoy by being more attentive?										
What specific actions can you take to do that?										

- Next meetings: May 6 and May 20. Next This Is My Story on June 6.
- Jacob’s Well Coffeehouse in Manchester on April 17.
- Union Church: Sidewalk Prophets on May 20
- Other?
- Closing prayer