

Try this **attention strengthening** experiment



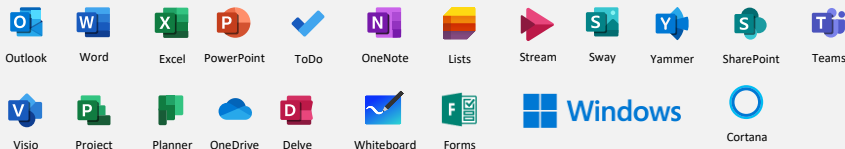
How can you strengthen your attention and improve your ability to focus and get things done faster?
Download the free phone app and practice mental stillness and focusing your attention daily.

For free online classes to strengthen your attention, visit <http://www.sahajaonline.com>

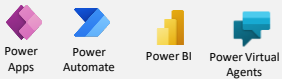
40%

The portion of our actions driven by habits rather than conscious, informed decisions (Kohn, 2014).

Microsoft 365 Applications



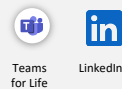
Microsoft PowerPlatform



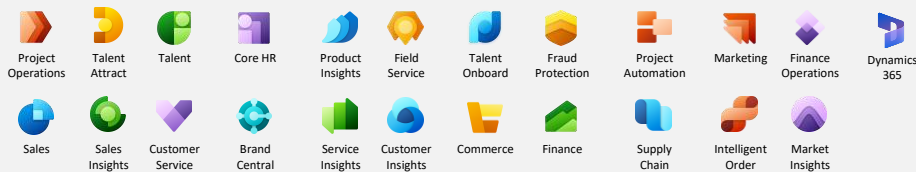
Microsoft Viva



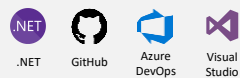
Others



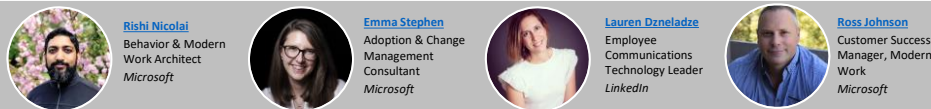
Dynamics 365



Developer



Mixed Reality



For more information on the Modern Collaboration Architecture (MOCA), visit <http://aka.ms/MOCA>



Adopting a #PeopleFirst approach using the Modern Collaboration Architecture (MOCA)

Adopting the *real* modern workplace

Our attention is the most precious commodity we humans have. Technology itself can help us focus or be the cause of distraction. Here at Microsoft, we aim for organizations to use our technology to **harness attention**. Thus, we have designed the MOCA to address two key challenges:

1. To help organizations drive digital **culture change** across the organization enabled by good attention management practices.
2. To address the “**What am I accomplishing?**”, an evolution from the “**which tool when?**” question for the Microsoft 365 collaboration suite, demonstrating how all the different tools integrate to enable people to work differently across the organization.

The MOCA equips organizations, teams, and people to position the Microsoft 365 services and enable improved collaboration, supported by a balance between work and life. The **MOCA Standard** is appropriate for most organizations with the individual, team, community, and organizational focus. **MOCA Extended** provides a more comprehensive view of how business operations and differentiation can drive effectiveness by enabling people to be their best version.

What is scarce in all the abundance is human attention.

- Satya Nadella, CEO Microsoft



What is Adoption?

Adoption: *Deep, habitual usage that delivers tangible value to the employees, a line of business and the organisation.*

Over time people get into a rhythm, and when they get to work, they start doing things they are good at without too much thinking. We often get our morning coffee from the same café, walk the same route from the car park to our desk or lockers and then when we get to our devices, start or working day by checking our emails. These behaviours have become so ingrained in our routine that we're on autopilot. Habits have a tremendous impact on individual and organizational productivity, as well as our personal lives. This makes it fundamental that we activate and drive **attention harnessing** habits using technology. Adoption is not about features and functionalities, it is about **habitual usage of new ways of working**, that delivers **tangible value**. Organizations have a responsibility to drive behaviours that *harness* and not distract attention.

Modern Collaboration Architecture (MOCA)

Extended v1

