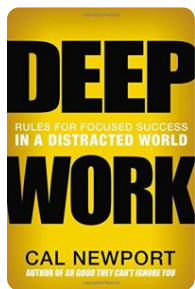


## MEETING IN A BOX

# Deep Work

Professor Cal Newport presents a multipart argument for deep, concentrated work. “Deep work” is not just intrinsically rewarding but also essential for knowledge work. Yet modern technology is pushing us relentlessly toward shallow work.



- **Step 1:** Have your team read the getAbstract summary of [Deep Work](#). To access the summary, click on the book cover.
- **Step 2:** Schedule a team meeting to discuss the questions below.
- **Step 3:** Have a discussion with your team.

***“Without structure, it’s easy to allow your time to devolve into the shallow – email, social media, web surfing.”***

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**Cal Newport**  
Author – Deep Work

## Discussion Questions:

1. With regard to your job, what work tasks lend themselves well for deep work?
2. How could your work performance benefit from introducing more periods of deep work?
3. Do you feel pressure to respond immediately to messages and emails?  
If so, does this pressure come from the outside or is it self-imposed?
4. What do you do to resist distracting stimuli?
5. How can teams and companies support employees to engage in more regular deep work?



Recommended getAbstract channel

## Focus