



5 June 2024



As iron sharpens iron, so one person sharpens another.

(Proverbs 27:17)



Kingdom Builders

C12 Construction Industry Forum

Meeting Agenda

Welcome & Prayer

Devotion – Wisdom

Member Profile

The Myth of Multi-Tasking

Group Discussion – My “Go-To” Resource

Wrap Up & Closing Prayer



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Meeting Topic

RESOURCE (noun): Assets that can be drawn on by a person or organization in order to function effectively.





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What We Need Now Is . . .

Wisdom



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<https://bibleproject.com/explore/video/proverbs/>



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Member Profile



By RLW Homes www.arhomes.com

R. Lee Wagner



Member Profile: R. Lee Wagner

**Company: AR Homes, by RLW Homes
North Georgia area.**

Deign/Build Luxury Custom homes



Personal: Married to college sweetheart Kristin Wagner 30 yrs, 3 Girls Lexi 25, newly married, Grayson 23 just finished Grad school, Kate 20 junior in college.

**Mission: Our goal is not to simply build
a great home...**

**It is to honor God as we strive to capture
your dreams...**

**With unmatched talent & cutting-edge
technology...**

Creating your forever memories.



Vision: Inspiring families 1 home at a time



By RLW Homes www.arhomes.com

Ministry Highlights:

- Helped fund and build 1st All Inclusive playground for Children in Gainesville Ga. For disabled children, Now implementing across the county.
- Working with Serve Hope missions in Guatemala building homes for families.
- Partner with Local Men's Rehabilitation facility, N Ga Works, helping restore men's life's; remodeling facility.

Contact:

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Www.ARHomes.com





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The Myth of Multitasking

According to **Forbes.com**, multitasking is a dangerous pursuit:

*"You've likely heard that multitasking is problematic, but new studies show that **it kills your performance and may even damage your brain.**"*

"Research conducted at Stanford University found that multitasking is less productive than doing a single thing at a time. The researchers also found that people who are regularly bombarded with several streams of electronic information cannot pay attention, recall information, or switch from one job to another as well as those who complete one task at a time."

Fast Company takes it a step further:

*"Clifford Nass, a communication professor at Stanford, has provided major motivation for monotasking: according to his research, **the more you multitask, the less you're able to learn, concentrate, or be nice to people.**"*

*"When we multitask all day, **those scattered habits literally change the pathways in our brains.** The consequence, according to Nass's research, is that **sustaining your attention becomes impossible.**"*

Contrary to popular belief, multitasking doesn't contribute to your success. It actually works against you.





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The Myth of Multitasking

Background Tasking Not all types of tasking are bad and can sometimes even be beneficial. **Background tasking can be efficient** and make time go faster when you need a distraction. Examples of background tasking are watching TV while exercising or listening to the radio while driving.

Switchtasking Juggling two or more tasks by refocusing attention back and forth. Switchtasking is the biggest problem for most people. We are under the illusion we are doing things simultaneously, but in reality, we aren't. If it's something that involves the same part of the brain, like writing an email and talking on the phone, you can't do them simultaneously. **Productivity drops up to 40%** when we are switchtasking between email and other tasks.

Hypertasking Working on multiple tasks from multiple locations using the Cloud as a central hub. It promises freedom and flexibility for the workforce. But, doing two things outside of the office or home at the same time can be Dangerous looking at your phone while crossing the street or even illegal, like texting on the phone while driving.





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The Myth of Multi-Tasking



SWITCHTASKING IS A THIEF

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21



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The Myth of Multi-Tasking



SWITCHTASKING IS A THIEF

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

S1 W2 I3



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The Myth of Multi-Tasking

Monotasking also known as single-tasking, is a time management technique that involves focusing on one task at a time, instead of multitasking. The goal is to dedicate all your mental resources and energy to one specific objective until it's completed.

CONSIDER MONOTASKING FOR ONE WEEK

The benefits of monotasking are clear:

- Better ability to learn
- Increased ability to focus
- More patience with others
- Better job performance
- Better recall
- A healthier brain

HOW?

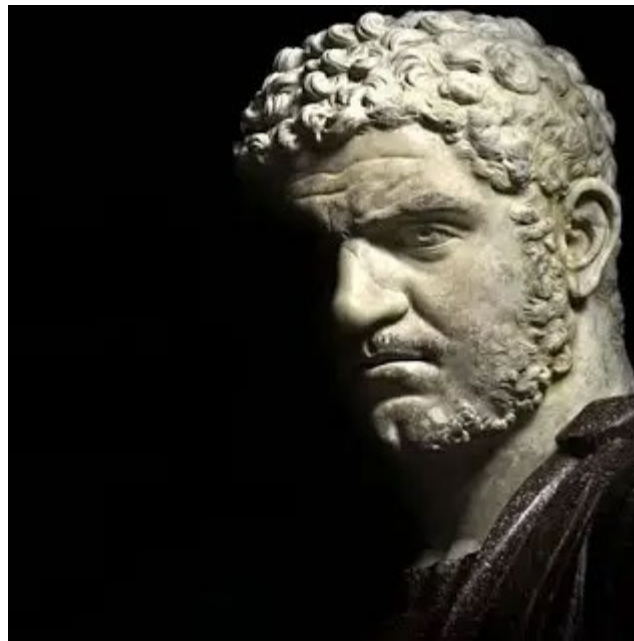
1. Practice deep work
2. Get rid of distractions in your work environment
3. Set your intentions carefully
4. Schedule your day around peak performance times
5. Focus on what's important



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The Myth of Multi-Tasking



**"To do two things at once is to do neither."
- Publilius Syrus**



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www.goodworksinc.org/c12kb

C12KB

- Steering Committee
- Charter
- Forum Meeting Information
- Open Forum
- Ideas & Comments
- Prayer Requests
- Join the Prayer Team




Kingdom Builders Resources

Construction Industry Forum Steering Committee

Chairperson: Robert (Bob) Beggs | Good Works Inc. | bob@goodworksinc.org
Secretary: Arian Riehl | Liberty Sheds | arian@shedsbyliberty.com
Partner: Aaron Gregory | Gregory Construction | aaron@gregoryconstruction.com
Partner: Tim Hudspeth | AccuTech Construction Inc. | tim@accutech1.com

Construction Industry Forum Charter

 [Construction Industry Forum Charter](#)
[C12 Construction Industry Forum Charter \[...\]](#)
Adobe Acrobat document [97.0 KB]

2022 Construction Industry Forum Dates


Forum Date Wednesday, 16 March 2022
Forum Time 11:00 - 12:30 Eastern Time
Zoom Meeting ID: 821 9602 0470 **Passcode:** 919316

Forum Date Wednesday, 15 June 2022
Forum Time 11:00 - 12:30 Eastern Time
Zoom Meeting ID: To be announced

Forum Date Wednesday, 21 September 2022
Forum Time 11:00 - 12:30 Eastern Time
Zoom Meeting ID: To be announced

Forum Date Wednesday, 14 December 2022
Forum Time 11:00 - 12:30 Eastern Time
Zoom Meeting ID: To be announced

December 2021

 [C12 Kingdom Builders Construction Industry Forum Minutes_12-15-2021](#)
[Kingdom Builders_Dec 2021 Minutes.pdf](#)
Adobe Acrobat document [196.0 KB]



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Next Meeting

Wednesday, 4 September 2024

11:00 am – 12:30 pm ET

