

**Dr. Csoka on NPR talk radio show
WFAE 90.7fm- Charlotte Talks with
Mike Collins**

Multitasking is a Myth

APEX Performance, Inc.

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Dr. Louis Csoka, President & Founder of APEX Performance was featured on Charlotte's radio station WFAE's morning talk show with Mike Collins. The topic was Multitasking or, we should say, the Myth of Multitasking. The program featured the common misconceptions about multitasking which, based on the new science of the brain cannot really be done. Click on the link and hear why multitasking is really not possible as far as attention is concerned and why people risk diminished performance or worse, accidents and missteps.

to visit wfae online and listen to the program click [here](#).

[listen here](#)

About Apex Performance

Apex Performance provides performance improvement services to military units, police forces, pro and college athletes and senior executives who need to build mental agility and mental toughness. APEX Performance offers training to deliver results on the core of leadership - self awareness, confidence, mental agility, and composure. Utilizing a combination of personalized development programs, follow-up coaching, and advanced sensory technology, APEX provides the tools and learning required to achieve sustainable peak performance.

Apex Performance is headquartered in Charlotte, NC.
Website: www.apexperform.com Phone: 704-831-5614

Apex Performance is a Service Disabled Veteran Owned Small Business



Apex Performance, Inc.
14045 Ballantyne Corporate
Place

Suite 350
Charlotte, North Carolina 28277
(704) 831-5614, ext 4

www.apexperform.com

