



AMY BLANKSON

# DIGITAL FLOURISHING

## LEADERSHIP STRATEGIES TO ENHANCE PERFORMANCE AND WELL-BEING

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CATEGORIES: Well-Being, Technology

Technology—at least in theory—is improving our productivity, efficiency, and communication. Yet the average mobile user checks their phones more than 150 times per day, and 67% of cell owners find themselves checking their phone even when they don't notice their phone ringing or vibrating. Mindful attention is a scarce resource. As one of the world's leading experts on the connection between happiness and technology, Amy Blankson unveils five strategies that successful individuals use to find a sense of balance between technology, productivity, and wellbeing in the Digital Age. In this talk, you will learn how to move from partial attention to full intention, how to hack your distractions to achieve maximum productivity and life satisfaction, and how to rid yourself of the tech graveyard in your office drawers to create more mental and physical space to do the things you love. By rethinking when, where, why and how we use technology, we can begin to recapture our focus, deepen engagement, and find flow in our everyday activities and relationships.

### LEARNING OBJECTIVES:

- Discover the impact of distraction on your productivity and happiness.
- Establish positive technology boundaries to shift from a mindset of inattention to one of full intention.
- Learn healthy habits for tech use to maximize flow and engagement.
- Understand how your technology use impacts your perception as a leader.
- Increase your flow and engagement by using brain-training techniques.

### BEST AUDIENCES:

Entrepreneurs, Financial Services, Direct Sales, Technology, Education, Media