



Creating Guardrails:

presence in a hyper-connected world

**Feeling more connected to your device than the people around you?
Can't remember your last unplugged vacation?**

*Say goodbye to an 'always-on' culture and hello to intention & meaning.
We don't have to give up our phones or go on a digital detox.
Downsizing our tech can reset & restore the brain & body to help us
return from time off feeling recharged.*

STAY PRESENT IN A HYPER-CONNECTED WORLD!

“peace of mind”

The peace of mind last night was amazing – hardly any “Sunday scaries” thinking about what was lurking in my inbox!

- Kerri Gaoutte

Director of Learning & Development
BEAM Therapeutics

LEARN HOW TO:

- ✓ Establish **guardrails** with digital downsizing
- ✓ Establish **screen-free** and low-sensory times to **calm the mind**
- ✓ Prepare and **return from time off - recharged**

PERFECT FOR PEOPLE WHO:

- **Need help** setting healthy tech boundaries
- Have **fear of missing out**
- **Struggle to unplug** during their time off

