



THE REMOTE RESET: FOCUSED AND PRESENT, WHEREVER YOU WORK



High-Performance
Keynote Speaker
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Visibility without the theater. A workday that actually ends.

Remote work creates two problems that an office never had. No one sees you work, only whether you look like you're working, and nothing tells you when the day ends..

Half of remote workers worry visibility gaps will hurt their career progression (*Microsoft Work Trend Index*). **Proximity bias** is measurable, not imagined, and looking active isn't the same as being effective. Proactive updates and intentional check-ins make the work visible.

Disconnecting gets the same treatment. Isolation-driven and boundary-erosion burnout are different problems with different causes: one comes from under-stimulation; the other from availability norms that were never set. When it's never clear whether you're expected to respond after hours, the workday never actually ends. This session builds guardrails: transition rituals, DND signals people respect-not ignore, and language for telling people when you're actually available.

Attendees leave having chosen one guardrail, ready to test.

Takeaways

- ✓ Proximity bias is measurable, not imagined, and looking active isn't the same as being effective.
- ✓ The two distinct burnout risks in remote work, isolation and boundary erosion, and why they need different fixes.
- ✓ Real guardrails for disconnecting: transition rituals, screen-free time blocks, and being clear about your availability with the people around you.
- ✓ A DND signal that's respected, not just displayed.
- ✓ One guardrail, chosen live, ready to test.

*"At a 3-day conference, this was one of two impactful sessions and left me with big takeaways to work with my global team."
– KayLynn Dalebout, Founder, Clockwork Accounting*

Format: Keynote, breakout, or trainin. Plus a separate optional training/breakout add-on.

Pairs well with: [Leading a Team You Can't See.](#) a standalone session for managers on delegating well and countering proximity bias.