



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

It's time to be 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**

PLAY VIDEO



PERFECT FOR PEOPLE WHO:

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