



Amy Blankson
Chief Executive Officer



Digital Flourishing:

Strategies for Fostering Wellness in an Era of Remote and Hybrid Work

Categories: Productivity, Communication, Mental Health, Quantified Self

Finding a sense of balance in our “always-on culture” was tricky before the pandemic; now employers and employees find themselves at a breaking point with zoom fatigue, information overload, and remote work challenges. Unplugging is no longer a realistic option, as literally everything has moved online. It’s time to explore new strategies for creating a realistic sense of balance. In this talk, happiness expert Amy Blankson will present a new model for digital flourishing that helps individuals self-assess and strategize how to create a dynamic sense of balance in an otherwise unpredictable world.

Price: \$10,000 Virtual, \$15,000 In-person

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

Topical Focus:

Intersection of Happiness & Technology, Change Management, Culture

Customers/Industry:

Finance, HR, Wellness

Best Audience:

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



Amy Blankson
Chief Executive Officer



Creating a Habitat for Happiness:

How to Make Work From Home Work For You

Categories: Productivity, Happiness, Disruption

As more professionals find themselves working from home, new and unique challenges are emerging that threaten to diminish not just productivity, but also sanity as well. Balancing the demands of a global workforce in upheaval, the hurdles of virtual connection, the pressing needs of friends / family who share your space can induce stress. While uncertainty and description may be our new norm, fear does not have to be. In this talk, Amy Blankson, work-from-home veteran and mother of three, will share her top secrets for creating a habitat for happiness, offering actionable strategies for maintaining a positive mindset, rethinking stress, and moving forward with resilience in the midst of change.

Price: \$10,000 Virtual, \$15,000 In-person

Learning Objectives:

- Organize your workspace to maximize focus and productivity
- Utilize a virtual commute to jumpstart your day
- Effectively communicate physical and digital boundaries with colleagues and family members

Best Audience:

Any professional in a hybrid or remote work setting