

Power Break Series

Knowledge is power - Let's learn at lunch!

Lifestyle

ENG

Digital detox:

reclaim your time, focus, and wellbeing

26 Feb 2025 (Wed) • 1:00 - 2:00 PM • English

In today's hyper-connected world, are you feeling overwhelmed by screens and digital distractions? Are you losing 2-3 hours daily without realizing it? Join us for an engaging webinar designed to help you disconnect, recharge, and reconnect with yourself and the world around you.

Key points for the webinar:

- The psychological and neurological effects of excessive screen time on focus and emotional health.
- Practical strategies to assess digital habits and identify areas for improvement.
- Tools and resources to integrate mindful technology use into daily lives.
- Inspiration to pursue a balanced relationship with digital devices.

Don't miss out! Take the first step towards a healthier relationship with technology.



Register Now



Speaker

Anoush Davies

PCC ICF, MSc in Psychology & Neuroscience of Mental Health
Mindset Coach, Trainer,
Facilitator

Anoush Davies is a professional certified coach with a master's degree in Psychology and Neuroscience of Mental Health. With extensive experience in coaching individuals and teams, Anoush specialises in fostering mental and emotional wellbeing. Her expertise spans digital wellbeing, performance mindset, and strategies to overcome modern challenges such as digital dependence. A passionate advocate for work-life balance and mindful living, Anoush empowers individuals to navigate the digital age with clarity and intention.