

## HAS TECHNOLOGY LEFT US SPEECHLESS?

Do you feel like you are constantly checking your email? Distracted by social media? Is your inbox overflowing? Do you feel too busy and overwhelmed to add even one more task to your overbooked schedule? The good news is you are not alone and Tod Novak is here to help with simple daily actions that you can implement immediately to help create balance in your life.

In the past few decades, technology has significantly changed the way we work and live making us feel as if we are CONNECTED and ON - 24/7. This constant connectivity, combined with the feeling that there is too much to do leads to burnout, less productivity, stress and poor quality of personal relationships.

As a sales and communication expert, Tod Novak's research reveals that some people are so connected to their smartphones, tablets and computers that a culture is being produced that is constantly connected to technology and disconnected from real life relationships and face-to-face communication. According to statistics the average American adult spends 11+ hours per day with electronic media.

***Has Technology Left Us Speechless*** is ideal for everyone and every industry. Tod's keynote content is customized to your organizations specific needs and objections. Tod is an energetic, fun and interactive speaker. Participants will leave with takeaways that they can implement immediately!

### Participants Discover How To:

- Communicate and interact more effectively with clients, prospects, co-workers, family and friends
- Create life balance and increase productivity by implementing simple daily actions and choices
- Build quality professional and personal relationships in our digital world at work and home
- **Unplug 15** to help refocus, refresh, rejuvenate and enjoy a quality life!

*"Thanks Tod for speaking to Microsoft's top clients in Mexico City, the feedback on the event and your presentation was great!"*

**ROBERTO MARTINEZ TENA - Microsoft**

