



# DR. HEIDI FORBES ÖSTE

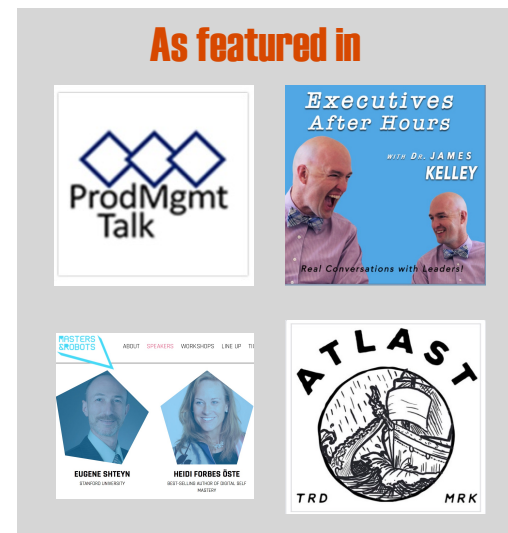
Behavioral Scientist & Bestselling Author

Dr. Forbes Öste is a behavioral scientist & best-selling author of Digital Self Mastery. She combines 25 yrs experience in global social strategy consulting with her scholarly research in the human relationship with technology and her personal passion for wellbeing. Her ground breaking work provides a unique perspective on the how to survive and thrive in the digital era, integrating behavior science, wellbeing, and system thinking. She founded the movement for Digital Self Mastery to support the transition into the digital era without losing humanity in the process.

She is an American born naturalized Swede, mother of teens raising them to believe that "Knowledge is Power, Sharing is Powerful."

## HEIDI'S MOST POPULAR MEDIA TOPICS

- ✓ **Technology and Humanity:** The impact of technology on our business and personal lives and how we engage with the world. Explore our potential impact.  
**Value add for Audience:** She provides a fresh perspective on a growing challenge that impacts everyone from individuals to families to organizations and countries.
- ✓ **The Digital Self:** From Digitally Averse to Digital Addict, our relationship with technology impact our ability to evolve with it.  
**Value add for Audience:** Explore the behavior science behind how we evolve with tech rather than be consumed by it.
- ✓ **Wellbeing and Technology:** Finding peace through conscious use of technology. Creating partnerships with technology that enhance your life & work as well as your wellbeing.  
**Value add for audience:** Build awareness of your tech use; the benefits, the risks and how to choose the best solution for a harmonious relationship with your tech.



## PRAISE

Wonderful new book; well researched and provocative -  
Charlyn Belluzzo, MBA PhD ScD

I LOVE this content! It's a must read for everyone building a digital business.

- Maria Appelqvist, Founder Conscious Love Movement

## Contact

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