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CALL FOR RECOGNIZED/CREDIBLE AUTHORITY/EXPERT/AUTHOR TO DISCUSS TECHNOLOGY'S INFLUENCE ON HUMANITY?

#1 Bestselling author of the Digital Self Mastery series and host of the Evolving Digital Self podcast, Dr. Heidi Forbes Öste has appeared on numerous media programs and stages, such as Digital Café, Conscious Millionaire, WellnessForce Radio, SuperPowerUp!, SingularityU and CES sharing the must-hear observations on how to build a positive conscious relationship with technology rather than extremes of digital aversion or addiction.



The topics Dr. Heidi Forbes Öste can cover:



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.

The expertise of Dr. Heidi Forbes Öste have been in high demand, especially in the events of the recent tech leaders denouncing social media and tech use.

Her most trending insights are how to thrive in the digital era, create social impact, and mastery of our digital self across generations in the workplace and at home.

As Dr. Heidi Forbes Öste notes, “Technology is not going anywhere and is becoming more integrated into all levels of our lives. It is constantly evolving, We are all interconnected and we have a choice to evolve and thrive or to constantly struggle with it and ultimately get left behind in the fog. Developing a conscious relationship with technology improves productivity and connectedness for your business and family to thrive.”

Sizzle reel <https://youtu.be/5fJ9bsLYL1w>



ABOUT DR. HEIDI FORBES ÖSTE

Heidi Forbes Öste is a behavioral scientist passionate about the potential for technology and wellbeing innovations to enhance the ability to be one's best. She combines 25 years experience in social technologies and social strategy for organizations with research in presence-of-mind, wellbeing technology and the user experience. A scholar, practitioner, connector and global citizen, Heidi lives by the motto: Knowledge is Power, Sharing is Powerful.

For more information, please contact: Dr. Heidi Forbes Öste at 617-510-0208 or heidi@forbesoste.com