



***“Disconnect so
you can connect.”***

– Pollyanna Lenkic

POLLYANNA LENKIC

EMPOWERING PEOPLE PERFORMANCE

'Let's have a no tech day today' I informed my children (12 & 15). Our 12-year-old came straight back with 'Oh Yeah mum, let's see how you go with that'. Ouch! And made sharper by the truth in her words. I wasn't modelling what I was trying to enforce.

Earlier this year I had 3 weeks with no Wifi amongst the extraordinary backdrop of Antarctica. It took 3 days to stop habitually checking my phone. Arriving back in the land of abundant wifi strategies are needed to reconnect back into the world through disconnecting from technology.

Arianna Huffington, founder of The Huffington Post and CEO of Thrive Global puts her phone to bed each night to signal disconnection. Staying connected to the rewards when we do disconnect is a great incentive. For our family, we talk more, play more and sleep better. For work, higher levels of productivity, concentration and connection with the people we work with.

What could disconnecting from tech every day do for you and your team?

Pollyanna