

# Cindy Poluta

## Talks That Challenge, Shift & Reconnect

Below are Cindy Poluta's keynote talks

- focused on helping audiences navigate distraction, strengthen connection, and build confidence in an increasingly complex, fast-moving world..



# The Cost OF CONNECTION

**For Parents, Educators & Caregivers**

**Teenagers are more connected than ever - yet anxiety, distraction, loneliness and emotional overload are rising.**

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## **Key Insights**

- How phones hijack attention and focus
  - What neuroscience reveals about developing brains
  - Why confidence and real-world connection are declining
  - The hidden risks of social media
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## **Audience Takeaways**

- Practical, realistic boundaries that work
  - Tools to reduce conflict around phones
  - Simple ways to improve sleep and focus
  - Confidence in your role as a parent
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# *The Cost* **OF CONNECTION**

## **The Corporate Edition**

**In today's workplace, constant connectivity is silently eroding focus, productivity, and wellbeing.**

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### **Key Insights**

- **The real cost of digital distraction**
  - **How notifications impact decision-making**
  - **The link between burnout and overload**
  - **Why presence is a competitive advantage**
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### **Audience Takeaways**

- **Tools to improve focus and efficiency**
  - **Healthier digital habits at work**
  - **Practical ways to reduce overwhelm**
  - **Stronger communication and connection**
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# WOMAN

## *in a man's world*

**A powerful and honest story of navigating a male-dominated industry, finding your voice, and building resilience in high-pressure environments**

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### **Key Themes**

- **Breaking into male-dominated spaces**
  - **Confidence vs competence**
  - **Handling pressure and visibility**
  - **Identity and self-worth**
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### **Audience Takeaways**

- **Tools to build confidence**
  - **Owning your space with authority**
  - **A new perspective on resilience**
  - **Inspiration to step forward boldly**
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*"You don't need permission to take up space."*

# WHY BOOK CINDY?

- Relatable, real-world storytelling
- Backed by science and lived experience
- Engaging, conversational delivery
- Practical tools audiences can apply immediately
- Customised for your audience

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*"In a world fighting for attention, connection is your greatest advantage."*