

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..
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The Cost OF CONNECTION

For Parents, Educators & Caregivers

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

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.

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

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.”