

Uber

- **People:**
 - Heather Henderson – Recruiter
- **Workshop:**
 - **Title:** *Tech-Life Balance: Overcoming Digital Burnout*
 - **Presenters:** Heather Henderson
 - **Description:** Feeling overwhelmed? Do you find yourself escaping into the digital world, only to feel more burnt out and disconnected from real life? You're not alone. Join us for an empowering session on reclaiming your life from digital burnout. Discover how to balance your relationship with technology, reducing stress and enhancing your overall well-being. Learn practical strategies to use tech as a tool to enrich your life, not drain it. Don't miss this chance to overcome digital burnout and start living your best life!
 - **Duration:** 30 minutes