



Surviving the Overwired World Sheri Fitts

Hundreds of emails every day, Facebook updates, LinkedIn invitations, cell phone messages: With all the incoming check-ins and chimes, how do you stay focused? In this session, you will learn simple and practical tools and coping mechanisms to successfully balance use of your demanding-yet-valuable technology and your need for peace in a distraction-free space.

Surviving and thriving in the wired world means focus. During this session you'll learn:

- Tips for managing your energy throughout the day
- Tools and ideas for building focus and eliminating distractions
 - Efficient ways manage technology and emails

Sheri Fitts not only believes that ideas and empathy are a professional's true currency — she's been advocating it for nearly 30 years. A recognized financial services speaker, success coach, social media expert, and visionary pioneer of digital emotional intelligence (digitalEQ™), she's helped financial services and fintech firms build brands, deepen client relationships, and drive sales and revenue growth.

In her personal branding session, Sheri guides professionals to build their intentional personal brands grounded in digitalEQ™. She emphasizes that crafting a personal brand isn't about egotism or self-promotion; it's about developing a voice and vehicle to share your beliefs with the world.

As the world becomes increasingly digital and personalized, professionals face the challenge of making meaningful connections with clients and colleagues. Sheri's process of digitalEQ™ can help professionals progress toward more empathic and authentic communication, enabling them to connect with their communities in a more meaningful way.