



Thrive at Work

Introduction

Why are so many of us struggling to thrive—at work, and in our personal lives? How does technology, particularly consumer-facing social media, now supercharged by AI, contribute to this growing sense of disconnection, distraction, mental fatigue and general sense of malaise?

This keynote explores the impact of addictive technology on workplace well-being and explores evidence-based, practical strategies to help your employees to thrive professionally. Tony introduces the skills essential for sustained performance, mental resilience, and personal growth in demanding and changing work environments—equipping employees to stay engaged, manage stress in a culture where overwork and digital distraction are often the norm.

The Dilemma for Business

In an era of digital overload and AI-driven distraction, businesses face rising burnout, disengagement, and mental fatigue. The challenge is balancing performance demands with employee well-being—requiring new strategies to foster resilience, focus, and sustainable growth in a culture of constant connectivity.

Key Themes

Thrive Foundations

Building Strong Work Relationships & Social Capital

- Identify and nurture key relationships in your professional network.
- Develop effective communication and collaboration skills.
- Build and maintain a strong social support system at work.
- Understand the impact of social connections on job satisfaction and career advancement.





Focus and Flow

Mastering Attention, Minimising Distraction & Achieving Flow

- The science of attention
- Understanding the cognitive costs of multitasking.
- Strategies to minimise distractions and enhance concentration.
- Cultivating a state of flow for optimal performance

Mindset and Resilience

Cultivating Resilience, Embracing Growth Through Adversity

- The principles of resilience and how to build your capacity to bounce back from adversity.
- Reframing negative thoughts and cultivating a positive outlook.
- The concept of post-traumatic growth and how to learn and grow from challenging experiences.
- Mindfulness and techniques for managing stress and promoting emotional well-being.

Diet, Exercise & Sleep

The Daily Trio That Powers a Thriving You

- **Understand** the role of nutrition, exercise, and sleep in supporting mental and emotional flourishing.
- **Identify** evidence-based strategies for improving diet, physical activity, and sleep hygiene.
- **Recognize** the interconnectedness of physical health habits and their cumulative impact on well-being.

Audience

- Business Audience: Broad appeal, multi-generational

Ideal for

- Company-wide kick-offs
- Eco system & sales partner events
- Wellness themed events
- Planning & team building gatherings





“ I first met Tony, when he was the keynote at a Regional Marketing Event - and there was no doubt that he was the draw for the audiences in Hong Kong and Singapore. Many in the audience had known him for years, some had worked with him, some for him but all highly respected him. Tony is a highly engaging public speaker and gifted story teller. I would recommend him highly.

Siva Ganeshanandan

APAC Marketing Director, Autonomy Interwoven

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