



1



2



3



4



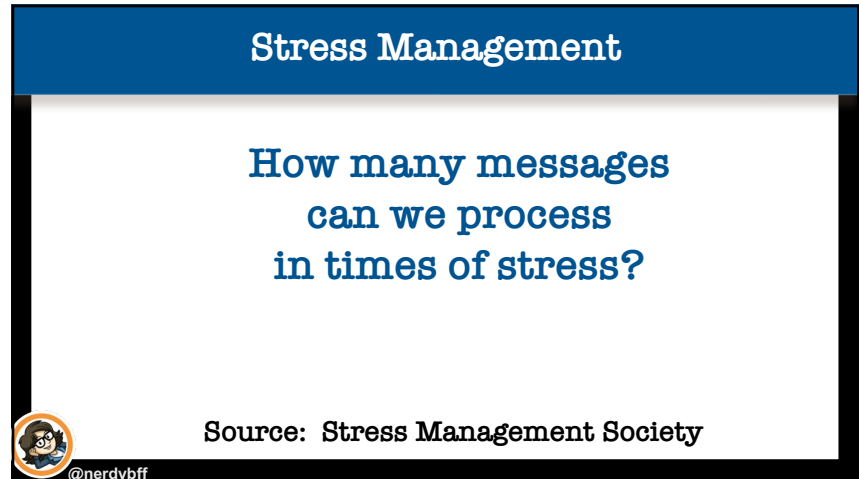
5



6



7



8

Stress Management

A


three

B

seven

C

eleven



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9

Meeting Transcriptions

Let's Otter!

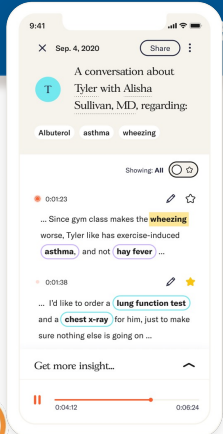
AI Meeting Recorder




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10

Meeting Transcriptions



Abridge

AI Medical Meeting Recorder




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11

Frustrations

A study by Asurion of 2000 Americans found that 80 percent of us have a tech frustration daily.

What was the top frustration?




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12

Frustrations

- A** Low Battery
- B** Wi-Fi/Connections
- C** Lost Passwords



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13

Frustrations

Downforeveryoneorjustme.com
Downdetector.com

Sites to check for down sites




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14

Frustrations

Fast.com

Instant site speed check




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15

Task/Project Management

After an interruption,
how long to get
back on track?

Source: studies by Gloria Mark, Ph.D.



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How long to get back on track?

- A** 3 minutes
- B** 23 minutes
- C** 53 minutes
- D** 103 minutes



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17

Task/Project Management

Microsoft To Do
Todoist

Task List Tools




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18

Task/Project Management

Trello
Asana

Task List/Project
Management




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19

Task/Project Management

Notion &
ClickUp &
Loop

Dynamic Workspace for
Projects and More




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20

Schedule Management

Motion

Dynamic
Workspace for
Projects and More




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21

Automations

According to Brainscape, how
much time per year are we
wasting by not using keyboard
shortcuts?




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22

Automations

- A** 8 Days
- B** 4 Days
- C** 2 Days




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23

Automations

TextExpander

Service that creates snippets
to save time with typing.



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24

Automations

IFTTT & Zapier & Smart Speakers

Multi-App Automators



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26

Shortcuts

12 Foot Ladder

Tool to Bypass Paywalls
12ft.io



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27

Copywriting

What writing error
cost a Maine dairy
\$10 million in
2017?



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31

Copywriting

- A** a misspelled word
- B** a missing comma
- C** an incorrect verb tense




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32

Copywriting

ChatGPT
Jasper.ai
Bing
Google Bard

AI Writing Assistants




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33

Email

How often do professionals check their email inboxes?

Source: Harvard Business Review



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34

Email

- A** Every 2 hours
- B** Every hour
- C** Every half hour



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35

Who has the most unread emails?



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36

Email Management

Unroll.me
Leavemealone.app
Clean.email

Email Subscription
Manager



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37

Hide Your Email Address

Apple's Hide My Mail

Gmail Trick:
[regular email]
+[anyword]@gmail.com

Burnermail.io



@nerdybff

38

Use a Temp Email

10minutemail.com
emailondeck.com
mailinator.com



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39

**Text
NERD to
66866**



HANDOUTS



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44

Relationships

Evolutionary psychologist Robin Dunbar estimates that most of us have a social circle limited to how many people?

Source: Robin Dunbar studies



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45

Relationships

- A** 450 people
- B** 250 people
- C** 150 people



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46

DUNBAR'S NUMBER : 150

TYPICAL NUMBER OF PEOPLE WE CAN KEEP TRACK OF AND CONSIDER PART OF OUR ONGOING SOCIAL NETWORK

150 TRIBE
50 CLAN
15 SUPER FAMILY
5 CLOSE FRIENDS

← WEAKER TIES → MORE INVESTMENT IN RELATIONSHIP →

DANG! NOW, WHAT WAS THEIR NAME AGAIN?



sketchplanations

<https://sketchplanations.com/dunbars-number-150>

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47

Relationships

Rememorate
Tool to Remember Names



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48

Relationships

Clay
Crazy weird new
contact manager



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49

Robocall Help

87% of us think an unidentified
call might be fraudulent.

Who is more likely
to answer anyway?

Sources: Hiya State of the Call 2023 &
TNS Survey July 2022




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50

Who answers unidentified calls?

- A** People over 45
- B** People under 45
- C** No one answers
unidentified calls




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51

Robocall Help

YouMail
Hiya
RoboKiller

Robocall
Blockers



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52

Robocall Help

Umm. Hello?

Yeah. Hi, sir.

This is Jack calling you from Microsoft in regards to your computer.

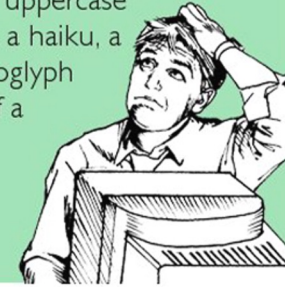


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53

Online Security

Sorry, but your password must contain an uppercase letter, a number, a haiku, a gang sign, a hieroglyph and the blood of a virgin.



someecards
user card



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54

**who has
passwords
written down?**



55

Online Security

**What is the best
practice for keeping a
password safe,
according to the
government?**

Source: Digital Identity Guidelines from the National Institute of Standards and Technology, U.S. Department of Commerce




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56

What is the best password practice?

- A** Change every 30 days
- B** Use complex passwords
- C** Create long passwords
- D** All of the above



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57

Password Management

Have I Been Pwned?
Email and Password Checker



SCAN ME




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58

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	1 sec	2 secs	4 secs
8	Instantly	Instantly	28 secs	2 mins	5 mins
9	Instantly	3 secs	24 mins	2 hours	6 hours
10	Instantly	1 min	21 hours	5 days	2 weeks
11	Instantly	32 mins	1 month	10 months	3 years
12	1 sec	14 hours	6 years	53 years	226 years
13	5 secs	2 weeks	332 years	3k years	15k years
14	52 secs	1 year	17k years	202k years	1m years
15	9 mins	27 years	898k years	12m years	77m years
16	1 hour	713 years	46m years	779m years	5bn years
17	14 hours	18k years	2bn years	48bn years	380bn years
18	6 days	481k years	126bn years	2tn years	26tn years

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2023




Learn how we made this table at hivesystems.io/password

59

Mental Health

In a study of workplace stress, which group tested almost 50% positive for symptoms of depression?

Men Women



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60

Mental Health

**Woebot
Replika**

Mental Health AI Apps




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61

Junk Mail

U.S. households get an average of
41 pounds of junk mail a year.

How long does that take to sort
over a lifetime?



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62

Junk Mail

- A** 8 Days
- B** 8 Weeks
- C** 8 Months



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63

Mail Hacks

USPS Informed Delivery
Mail Tracker

PaperKarma
Junk Mail Manager

OptOutPrescreen.com
Credit Card Offer Manager



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64

**And the
winner is...**



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65



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66