



SWITCHING OFF, IN AN 'ALWAYS ON' WORLD

This is a 45-minute talk, followed by 15 minutes for Q&A

ABOUT THIS TALK:

In an 'always on' culture, the issue is not just how much you work; it is that your mind never fully leaves work, even when you've stopped working.

Switching off is often misunderstood as relaxation or disengagement. In reality, it is a trained capacity – the ability to deliberately downshift your nervous system, close cognitive loops, and move your attention from work onto something that genuinely absorbs it. Without this, people experience fragmented attention, reduced cognitive clarity, slower decision-making, and a decline in performance.

This session focuses on what is actually possible within high-demand roles, and how to build the kind of mental and physiological flexibility that sustains performance over time.

YOU WILL LEARN:

- The concept of psychological recovery – "switching off", and its direct impact on performance, focus, and decision quality.
- Why leaders shape their team's ability to recover, more than workload does.
- Three (3) evidence-based levers to build the capacity for switching off.
- What to expect when you first start switching off.

