



TECHNOLOGY
PRODUCTIVITY
DIGITAL WELLBEING

Technology gives us the power to unlock our potential...
...but left to our own devices, it's also a powerful distraction.

Alexander Bell wows audiences with his **Tech Rules®** philosophy, helping them embody a healthy technology culture, improve wellbeing and immediately boost focus and performance by over 30%.



Alexander's most popular keynote **TECH Rules®** teaches your audience:

- ▶ Why technology is no longer a competitive advantage and where the real opportunity is.
- ▶ Why Attention Intelligence™ is the real AI we should all be focussing on.
- ▶ How to immediately implement a 30% boost in productivity, restore balance and feel more connected than ever before.
- ▶ The 7 rules that define our relationship with technology: Attention, Influence, Independence, Performance, Presence, Connection and Contribution.

The biggest opportunity over the next decade is not with technology or with people...
...the biggest opportunity is with how your people use technology.

Inspired from his experience as a serial entrepreneur, working with clients including Google, IBM and Warner Bros., Alexander now travels the globe speaking with audiences to help them implement his Tech Rules® philosophy; improving internal mindsets, boosting performance and promoting healthy relationships with technology for overall digital wellbeing.

His appearance made such an impact we just HAD to book him again.

- Alfie Joey, BBC

BOOK ALEXANDER:
HELLO@ALEXANDERBELL.CO

+44 (0)7780 637228
ALEXANDERBELL.CO

