

Bullet-points on Joanne Cantor's Presentation Topics:

“This is Your Mind on Media: Staying Sane in a Crazy Culture”

- Are your communication habits (from the boob tube to the Blackberry) making you feel more connected and in control – or are they controlling *you* and stressing you out?”
- Learn how the mind works: How recent research in neurophysiology suggests that the media's impact is more intense and disruptive than you think
- Learn how to use this knowledge to reduce stress by managing the media in your life.

“You've Got (too much) Mail! Preserving Productivity under Information Overload”

- Are you (or the people who work for you) spending so much time emailing and web-surfing that there's little time for reflection and concentrated performance?
- Learn recent findings in neurophysiology that show the mind absorbs images, emotions, and distractions.
- Learn strategies for benefiting from technology without drowning in it.

“Why Johnny Can't Relate: Survival Tips for a Media-dominated Age”

- Are you concerned that the media (TV, cell-phone, video games, computers, etc.) dominate your children's (or grandchildren's) lives?
- Are you worried about the effects of the messages kids are receiving from the media?
- Learn about the latest findings on media effects on kids, including new research on how the brain processes images and information.
- Learn helpful strategies for reducing the negative effects and promoting positive, healthy lifestyles for your whole family.

“From Psycho to Scream: Why Movie Horror Doesn't Die”

- Have you ever seen a scary movie that stayed with you for a long time?
- Do you wonder why we put ourselves through such terror and call it entertainment?
- Were you frightened by something as a child that seems harmless now?
- What's sex got to do with it?
- What do people do to get those ghastly images out of their head and once again get a good night's sleep?
- Learn how scary movies affect our lives, our emotions, our romantic relationships, and our well-being.

Dr. Cantor will be happy to discuss how her presentations can be successful for your organization. Her keynotes and workshops can range from 45 minutes to two hours, and can be customized to your needs. To discuss the possibilities for your program, please call 608-221-0593 or send an email to info@yourmindonmedia.com