Data

- Are you a data person? Do figures and statistics excite you or leave you cold? Love it or loathe it, data is changing our modern world and there's no getting away from it!

- Sometimes the memory in our phones and other devices gets over-full. We can also suffer from information overload and start to feel paralysed by it.

- Do you have a strategy for clearing your head when your internal storage gets overwhelmed?

- How can you be intentional about creating enough headspace to function properly? Can you plan in moments to recharge your batteries and reboot, either with family and friends, or alone if that's your preference?

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