



# Scrolling is costing you \$10,790 per year.

in lost productivity and missed opportunities.

Due to personal social media use, you're losing:



**2.5 HRS**

of work time  
per day



**\$10,790**

per year

## The Financial Costs of Social Media

A recent study by Udemy found that social media reduces productivity by 40%, making it harder to accomplish tasks efficiently.

According to Fox business, the average person spends up to **2.5 hours per day digitally distracted at work** – adding up to nearly **40 full workdays lost per year**, costing you **\$10,790 annually** in lost productivity and missed opportunities.

That's valuable time that could be spent making more money, advancing your career, improving your relationships, or working toward personal goals.

## Is scrolling keeping you from succeeding?

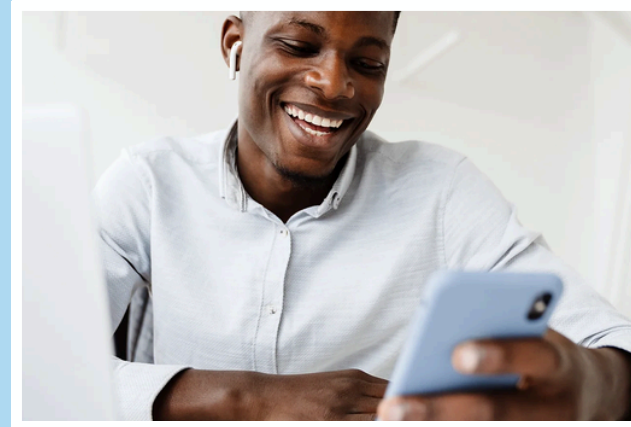
Social media is designed to be addictive, leveraging dopamine-driven feedback loops to keep you engaged as long as possible leading to:

- **Increased stress and anxiety**, leading to lower overall happiness.<sup>1</sup>
- **Reduced focus and decision-making ability**, impacting your work and personal life.<sup>2</sup>
- **Chronic digital fatigue**, leaving you feeling exhausted and unmotivated.<sup>3</sup>
- **Poor sleep habits**, leading to lower energy and cognitive decline.<sup>4</sup>

# **We help people increase productivity, make more money, and improve their overall quality of life, by reducing digital distractions.**

The Social Media Balance Program is designed to help you reclaim your time, improve your mental clarity, and break free from social media's death grip. Created by expert David Reis, this program provides scientifically-backed techniques to:

- **Reduce time wasted on social media and increase personal productivity.**
- **Enhance cognitive function and productivity for better work performance**
- **Lower stress and digital overwhelm, leading to greater happiness**
- **Establish personal best practices for healthier social media habits**
- **Create a sustainable balance between digital engagement and real-life fulfillment**



**This program includes interactive coaching sessions, structured action plans, and step-by-step guidance, ensuring that you not only learn these techniques but also implement them for lasting change.**

## **Why choose us?**



**David Reis isn't just another corporate trainer.**

He is a pioneer in social media marketing with over 30 years in the online world. Notably, David co-founded guerillaPR in 2000, later founding social media marketing agency DEI Worldwide, with clients including global brands such as Sony, Motorola, Nestle, Smirnoff Vodka, Coca-Cola, Disney, Kraft, and The City of Las Vegas.

David understands the dangers - and the solutions. He has personally battled and overcome addiction, giving him unparalleled insight into how to break free from compulsive behaviors and reclaim focus.

David rounds out his professional and personal experience with a third-degree black belt in Hapkido, a discipline that emphasizes control, balance, and mental strength. David's combination of expertise, experience, and personal transformation make him uniquely qualified.



## **Take Action Today**

**Join the Social Media Balance Program today  
and start reclaiming your lost productivity, energy, and well-being.**