

WEBINAR

THE POWER OF BOREDOM

In a world of constant stimulation, scrolling, and notifications, boredom has surprising mental health and productivity benefits.



WEDNESDAY,
FEBRUARY 25, 2026
12:00 PM - 12:30 PM
EST

Join this **Kapnick Strive** webinar to learn why unplugging and welcoming boredom might be your new superpower.

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