



WEBINAR THE POWER OF BOREDOM

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



SCAN TO REGISTER

OR VISIT INFO.KAPNICK.COM/STRIVE-MONTHLY-WEBINARS

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.

