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My Connected Life
Thursday at 8 AM Pacific
December 8th 2021: The Darker Side of Social Media

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Thursday at 8 AM Pacific Time
on VoiceAmerica Business
Channel

A recent study shows that the pandemic has been associated with a three-fold increase in elevated depression in U.S. adults. Nearly 30% of American adults reported feeling depressed in an October 2021 study, up from 8.5% before the pandemic. Social media can be a major contributing factor. Most of us have probably experienced FOMO (Fear of Missing Out) or feelings of inadequacy when we compare our lives to others on social media, and we've heard about terms like imposter syndrome, but what does imposter syndrome mean and what can we do about it? This week we welcome special guests and co-foun

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Featured Guests



Scott Schober

Scott Schober is the President and CEO of Berkeley Varitronics Systems, a 49-year-old, New Jersey-based provider of advanced, world-class wireless test and security solutions. He is the author of three best-selling security books: Hacked Again, Cybersecurity is Everybody's Business, and Senior Cyber. Scott is a highly sought-after author and expert for live security events, media appearances, and commentary on the topics of ransomware, wireless threats, drone surveillance and hacking, cybersecurity for consumers, and small business. He is often seen on ABC News, Bloomberg TV, Al Jazeera America, CBS This Morning News, CNN, Fox Business, and many more networks. Scott also serves as the CSO

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Lisa Ventura

Lisa Ventura is an award-winning cyber security consultant and is the Founder of Cyber Security Unity, an organisation that is dedicated to bringing individuals and companies together globally who actively work in cyber security to help combat the growing cyber threat. She has over 10 years' experience in cyber security and is passionate about raising awareness of the growing cyber threat to prevent cyber-attacks and cyber fraud. She is a thought leader, author and keynote speaker and has been published in various publications globally. Her books "The Rise of the Cyber Women: Volume One", "The Rise of the Cyber Women: Volume Two" and "The Varied Origins of the Cyber Men: Volume One" were p

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Kim Adele-Platts

International Bestselling Author and Speaker on Leadership and Business. Executive Coach and Change Management Professional Driving Increased Efficiency, Revenues and Customer Satisfaction. Experienced Non-Executive Director and Co-Founder of International Imposter Syndrome Awareness Day. A celebrated industry leader in driving substantial transformation programmes delivering operational efficiencies that result in new and retained business and greatly reduced cost of service. Gifted new business generator with demonstrable expertise spearheading effective marketing strategy and turning underperforming areas and personnel into consistent market leaders. Highly skilled executive offering exte

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Nat Schooler

Nat Schooler is a Futuristic Podcast Host, International Best Selling Author, Entrepreneur & Trusted Advisor. A renowned expert in Branding & Strategy For Career & Business Success and podcasting aficionado with 250+ Interviews and collaborations with Michael Tobin OBE, Kim-Adele Platts, Stanley Tucci and other luminaries. Nat believes that people need to be empowered to create their own success by overcoming obstacles and designing their lives for personal or business success. Nat-Schooler is co-founder of MasterMindSet – A New Leadership Foundation: Different by Design Delivering C-Suite: Skills, Strategies & Networks to Lead in the 2020s. He co-founded the first International Imposter Syn

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