



Technology Is Adversely Affecting How We Live and Communicate

By Robert Burns, Motivational Speaker, NLP Trainer

Lately, I'm noticing that verbal communication is taking a back seat to texting and email. I was having lunch with a friend, and, while eating, I noticed a young couple sitting adjacent to us in the restaurant both playing with their cell phones (texting). I stood up and went to them and said "It is really a shame that you do not enjoy each other's company enough that you need those things to stay amused." They agreed and put them away until I sat back down, and then the woman took hers out again and continued to text.

Cell phones can also present a safety hazard. For example, while I was driving recently, a man who was looking down at his phone stepped out in front of me, oblivious to his surroundings. He was lucky he wasn't hurt.

Artificial intelligence has its downside too, as students and others use it to "write" and "create" for them. It disturbs me to see how we as a population are letting technology substitute for interpersonal interactions and human creativity.

Here's an alternative to consider: I teach communication skills using an NLP (Neuro Linguistic Programming) format in Doylestown at an affordable price. NLP means: Neuro (the brain and nervous system) + Linguistic (the words we use) + Programming (the influence of the words on ourselves and others). NLP is a very powerful tool that can be used to help both you and others release unwanted habits and behaviors.

More information is on my website at bobburnstalks.org.



Robert Burns

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ROBERTDONBURNS@GMAIL.COM
WEBSITE: BOBBURNSTALKS.ORG