

'A Year in Tech' session descriptions

Who Wants to Hack You and How to Stop Them- June 25, 2021

Passwords, phishing, privacy? Pfttt! You're not alone if you would rather tally the numbers in the phone book than deal with your password problems. But you can't be a professional without taking responsibility for your personal online security --for the protection of yourself and your company.

Online security issues --and solutions --don't have to be boring, scary or ignored. Author Beth Z, aka Your Nerdy Best Friend, will have you laughing and learning with the real facts about the threats you face using the technology at your fingertips. And, more importantly, you'll leave with practical tips and tools for breathing easier.

- Understand five vulnerable (and surprising) personal data areas that hackers seek
- Discover a permanent method for managing your logins and passwords
- Learn how to protect your privacy on public networks
- Develop good habits for online security
- Protect yourself against the newest cyberthreats

29 Tech Tools to Create Cool Content for Social Media- August 27, 2021

The most popular posts on social media are pictures and videos, and with a few easy (and free!) tech tools, you can transform your messages into share-worthy graphics that will put your organization out in front. This action-packed session will give you dozens of sites and apps that will help you elevate the quality of your social media posts and other material.

- Make professional-level multimedia pieces in less than two minutes
- Add depth and interest to your boring social media posts
- Transform ordinary photos into works of art
- Create infographics for little or no cost!

Powered Productivity: Super Tech Tools to Get Stuff Done- October 22, 2021

Exasperated by email? Peeved about passwords? Tired of tedious tasks? You're not alone.

Join Your Nerdy Best Friend, aka Author Beth Ziesenis, for a research-based look of common productivity problems, followed by the technology to solve them.

Discover how to use free and bargain technology tools you never knew existed to work more efficiently with your teams, get organized and finally get stuff done.

- Discover low-cost, high-value apps and techtools that you can start using right away
- Learn great tech tips and app ideas from your colleagues
- Get new ideas to increase efficiency, improve relationships and get things done

The Best Tech from 2021- December 17, 2021

Too busy with work to keep track of the best new tech from 2021? Don't worry! Your Nerdy Best Friend has been bookmarking the best new and improving tech tools all year. Join us for this 60-minute, app-packed session to get the highlights of the tech of today that will help you tomorrow.

Bonus session: On-demand: Tech Tools for Serious Self Care

In the insanity of today's world, you're busier than ever with deals, kids, health checks, high stress and exhaustion. Even though you're being pulled in every direction by everyone and everything, if you don't take time to keep your head on straight, you won't be able to be the leader you are.

Join Your Nerdy Best Friend, author/speaker Beth Z, for a nerd's take on self-care. Using today's technology, you can integrate tools and apps into your routine that will help you get more work done in less time. You'll discover resources to help you overcome the crippling effects of stress and overwork. And best of all, Beth Z's tools are free or darn cheap. This is the can't-miss program that will help you stay sane through the crises we're all facing.

- Update your ideas on what meditation is in the modern age with tech resources for specific, sanity-saving sessions.
- Discover easy tools that help you organize your day and manage your life.
- Find ways to streamline and offload the time-sucking little tasks that drive you crazy.
- Understand your options for mental health maintenance online and on your schedule.