

HEALTH IN THE AGE OF AI

Elevating Our Wellbeing
in an Increasingly Artificial World

A VITAL, INSPIRING & PRACTICAL KEYNOTE FOR FUTURE PERFORMANCE

As artificial intelligence transforms the way we live and work, human health and wellbeing have never been more important – or more at risk.

This keynote explores how timeless wisdom, nature's intelligence and our innate human potential can help us thrive in a high-tech world, drawing on Ayurveda, traditional indigenous wisdom, neuroscience and modern research.

Mark shares practical, evidence-informed strategies to enhance physical health, mental clarity, emotional resilience and human connection – so we can stay healthy, balanced and fully human in the age of AI.

KEY TAKEAWAYS

- **Reconnect with nature's intelligence**
Align with natural rhythms to boost health, energy and resilience.
- **Optimise your natural intelligence**
Practical tools for better brain health, focus and emotional balance.
- **Build lasting energy and vitality**
Simple strategies for sleep, nutrition, movement and stress resilience.
- **Strengthen human connection**
The vital role of meaningful relationships and community.
- **Thrive in a high-tech world**
Harness the benefits of AI while protecting your health and wellbeing.