

# DANIEL SIH

PRODUCTIVITY EXPERT  
AWARD-WINNING AUTHOR  
TEDX SPEAKER



Media Kit  
2024

# About Daniel

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## IS YOUR TEAM REACTIVE, ALWAYS ONLINE AND STRUGGLING TO MAKE SPACE?

Daniel Sih is an award-winning author, TEDx speaker, and the founder and CEO of Spacemakers, a productivity consulting group for busy leaders.

His debut book "Spacemaker - how to unplug, unwind and think clearly in the digital age" has won six national and international awards, including the Australian Business Book Award for Personal Development in 2021, and the Axiom Business Book Award (USA) for Work-Life Balance and Time Prioritization in 2023.

His latest book, "Raising Tech-Healthy Humans," is an award-winning guide for parents, providing strategies to reset children's tech habits for a healthier start to life.

As a strategic consultant, Daniel has worked with CEOs, executives, and other senior professionals throughout Australia and beyond. He is the creator of best-selling productivity courses such as Email Ninja, List Assassin and Priority Samurai with more than 20,000 students online and offline.

Daniel lives in Tasmania, Australia with his wife, Kylie, and their three children, Naomi, Caleb and Jethro. He also keeps fourteen pure-bred chickens who eat a lot of grain and lay too few eggs.

To learn more about Daniel and his work at Spacemakers, please visit [www.spacemakers.com.au](http://www.spacemakers.com.au) and [www.raisinghumans.au](http://www.raisinghumans.au)





# Speaking Topics

Life is busy and cluttered. There's more information, more emails, more tasks to get through each day ... and not enough space.

My mission is to help individuals dive deeper into their lives, sharing research-backed insights in a simple, practical manner.

If your team requires more room to focus on the essentials across work and life, explore my speaking topics outlined in the subsequent pages.

# Making Space

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## HOW TO MAKE SPACE IN THE DIGITAL AGE FOR HEALTH, HAPPINESS AND SUSTAINED PRODUCTIVITY

Is your team busy and distracted? Are they perpetually online? Are they working remotely and struggling to navigate the blend of work and life?

Online meetings and hybrid working is here to stay, requiring a rethink in the way we structure our work. Now more than ever, staff need tools to manage digital overload for their wellbeing, encompassing strategies to focus, think clearly, and care for self.

Imagine if your team could boost productivity by disconnecting from excessive online activity. What if investing in space to think deeply, rest fully, and reconnect with people in real life could become a strategy to do your best work and live your best life?

This engaging keynote is based on Daniel Sih's multi-award-winning book, "Spacemaker," a recognised authority on personal development, technology, self-help, work-life balance, and time prioritisation. This session further develops concepts presented in Daniel's 2023 TEDx Hobart talk.



**Be inspired to rethink your relationship with the online world and make space for what truly matters in both work and in life.**

# Email Ninja

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## HOW TO TAKE BACK CONTROL OF YOUR EMAIL INBOX AND GET TO ZERO EACH DAY

Is your overflowing email inbox adding stress to your life?

Email inundation is a significant challenge for leaders, managers, and professionals. Despite spending hours each day on emails, most employees have never been trained to focus on deep work and manage their attention in high-volume email environments.

Research indicates that email overload is a key stressor in the workplace. On average, we check our inbox every six minutes, which hinders our ability to focus on what really matters.

A clear plan is essential to manage this constant influx of information in a smarter way. Email Ninja, co-developed by award-winning author Daniel Sih, has impacted the lives of more than 20,000 workers globally.



**This practical, research-informed workshop will introduce you to the concepts of Email Ninja, and help you take back control of your email inbox – to help you process your inbox to zero everyday!**

Note: Email Ninja can be delivered as a keynote (with a complimentary eLearning course included per person) or as a workshop. See [www.emailninja.com.au](http://www.emailninja.com.au)

# Raising Tech-Healthy Humans

## HOW TO RESET YOUR CHILDREN'S TECH-HABITS AND GIVE THEM A GREAT START TO LIFE

According to research, a significant 78% of parents believe that raising children today is more complicated than when they were kids, and the top reason they give is "technology and social media."

Daniel speaks with parents and educators across Australia about the joys and complexities of raising children in a technology immersed society. He answers pressing questions such as; "When is the right time to give my child their first phone?" "What forms of media are better for my child's brain?" and "How can I encourage my kids to embrace outdoor adventures?"

Rather than instilling fear about the potential perils of the modern world, Daniel offers practical, research-backed solutions to help parents to take small steps towards raising humans who enjoy technology while embracing life to the full!



**This keynote is based on Daniel's award-winning book, "Raising Tech-Healthy Humans," and is for parents and educators who want to re-think their approach to technology for preschool and primary-school aged children.**

# The Community Factor

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## LESSONS LEARNED FROM SHARING LIFE, LAND, AND LOSS TOGETHER

This keynote is based on Daniel's story of buying land with another family in a Hobart suburb, constructing two houses, and building a "community without fences" over 15 years.

In a society where people are increasingly lonely and isolated, we need fresh narratives and strategies to instil a sense of unity and belonging in our communities.

Daniel's journey—filled with shared meals, child-rearing, vegetable gardening, managing conflicts, and building a sustainable community—can inspire anyone, irrespective of their housing situation. It's more than a tale about a house or a home; it's about the transformative power of investing in each other's lives in small but meaningful ways, and its impact on our personal and collective lives.

Are you ready to create more space for relationships and community?

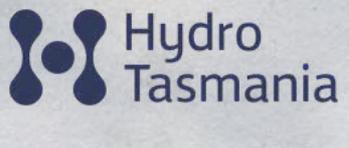


# Clients I Have Worked With

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