

Who Is Lawrence Ampofo?

Lawrence Ampofo seeks to make digital technologies less distracting and more empowering for people so media competes to improve our lives, not just attract our attention. He calls his approach digital mindfulness; ***learning to live consciously in the present digital moment to become more mindful, focused, productive and intentional with our digital world.***

Lawrence Ampofo, is one of the leading authorities on the tools and strategies to enhance business and humanity in an age of digital distraction and information overload. He is an author and the host of the **Digital Mindfulness podcast**, which is **downloaded in over 100 countries a month** by digital professionals improving the quality of their lives and businesses in an age of digital distraction. With an energetic, passionate, and interactive style, Lawrence educates business leaders and digital technology users on the global trends and insights on becoming more digitally mindful.

You can learn more about Lawrence and get access to Digital Mindfulness by visiting **www.digitalmindfulness.net**

You can also connect with Lawrence on Twitter (**[@lampofo](https://twitter.com/lampofo)**) or email him at **lawrence@digitalmindfulness.net**

