



**GLOBAL WELLNESS**  
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# A Realist's Guide to the Changing Digital World

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A person wearing a grey sweater is holding a lit sparkler. The sparkler is bright and glowing, with many sparks flying out. The background is dark and out of focus.

# Living my well life

...A Realist's Guide to the Changing Digital World



The image features a dark blue, gradient background with several birds in flight, scattered across the frame. The birds are dark in color, possibly pigeons or doves, and are captured in various stages of flight, with wings spread. The overall mood is serene and contemplative.

Do you know where your brand is?



Data



Security

A wooden deck made of dark, weathered planks leads towards a large, dark rock in the distance. The background is a soft, misty grey, creating a serene and atmospheric setting.


# Digital Transformation



A low-angle, upward-looking photograph of a dense bamboo forest. The bamboo stalks are tall, thin, and light-colored, creating a strong sense of verticality. A single, thicker, darker tree trunk stands out in the center-left. The sky is visible through the canopy of green leaves at the top.

 Talent



A person is shown from the chest up, holding a lit sparkler in their right hand. The sparkler is bright and glowing, with many sparks flying out. The person is wearing a dark, textured sweater. The background is dark and out of focus. The overall mood is hopeful and celebratory.

The future belongs to those who give the next generation reason for hope.

Pierre Teilhard de Chardin



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