

**From:** How To Academy <[REDACTED]>

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**Subject:** Theatrical Magic: A Shakespeare Evening with Simon Callow, Natascha McElhone & Emma Smith| Mandy Saligari & Don Grant on Technology Addiction.

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Newsletter April 2019  
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08.05.2019

### How to Navigate the Impact of Devices and Social Media on Mental Health

In this masterclass, leading addiction psychologists **Dr. Don Grant** and therapist **Mandy Saligari** will help us understand and limit the often devastating impact of digital devices and social media on our children, families, and ourselves.

**READ MORE**

09.05.2019

### This is Shakespeare – A Night of Big Ideas and Theatrical Magic

What does *Romeo and Juliet* say about #MeToo? Or *Julius Caesar* about Donald Trump? **Simon Callow**, **Natascha McElhone** and critic **Emma Smith** star in a dazzling tribute to the greatest playwright of the 21st or any other century.

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## how to: **HIGHLIGHTS**



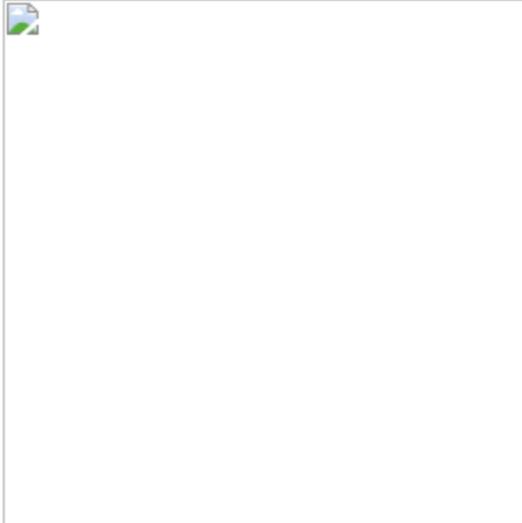
17.04.2019

### **Make Your Ideas, Products and Brands Triumph**

with Rory Sutherland

An unmissable talk by Rory Sutherland, the acclaimed Behavioural Economist and – with 6.5m views – a TED Talk superstar, on how your ideas, products and brands can triumph in defiance of logic.

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24.04.2019

### **The New Science of Race and Inequality**

Dr Jennifer Eberhardt in conversation with Hannah MacInnes

World-leading social psychologist and MacArthur 'genius' award-winner Jennifer Eberhardt on how to deal with a common hidden prejudice: racial bias.

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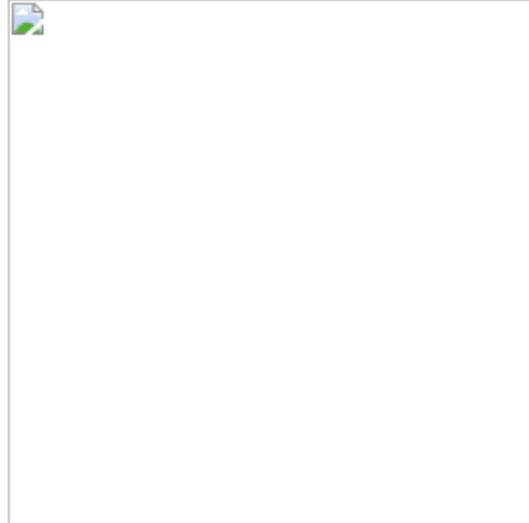
23.04.2019

### **How to Engineer Yourself to Health and Blissful Wellbeing**

Sadhguru Jaggi Vasudev in conversation with Yalda Hakim

Sadhguru, yogi and mystic, has dedicated a lifetime to imparting technologies for wellbeing empowering people to tap into their innate state of health, peace and joy.

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24.04.2019

### **An Insider Look at Crime in America: The Mafia to Russian Espionage**

with Preet Bharara

Banned by Putin, fired by Trump: now New York prosecutor Preet Bharara is finally free to talk. Join us for an insider's tell-all account of justice in the US today.

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## how to: LIFESTYLE



23.04.2019

**The Scientific Truth About Diets**  
with Dr. Giles Yeo

How can you know the truth about diets ? What works and what's snake oil? From the Atkins to the South Beach diet, Cambridge University's Dr. Giles Yeo is here with the scientific facts.

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06.06.2019

**The New Science of Sleep and Dreams**  
with Matthew Walker

A rare opportunity to hear the University of California Professor of Neuroscience whose book on sleep exploded onto our shelves as if no other had previously been written on the subject.

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04.06.2019

**How to Own the Room: A Masterclass for Women in Public Speaking**  
with Viv Groskop

In this talk on the oratorical skills of a variety of brilliant women from Michelle Obama to Virginia Woolf, Viv Groskop will pinpoint exactly what it is that these women do to get their audience to sit up and really listen – and then advise you how to apply their qualities to your own lives.

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02.05.2019

**How to Raise Successful People**  
with Esther Wojcicki

The Godmother of Silicon Valley and mother of three superstar daughters shares her tried-and-tested methods for raising happy, healthy, successful children.

*"Esther Wojcicki is leading a revolution not only in how we prepare our children to succeed, but how we nurture the health and well-being of parents across the world."* – Arianna Huffington

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# how to: LEADERSHIP



13.05.2019

**Eric Schmidt – A Masterclass in Leadership**

with Eric Schmidt, Jonathan Rosenberg and Alan Eagle

**Google's former CEO Eric Schmidt, VP Jonathan Rosenberg and Director of Executive Communications Alan Eagle present a blueprint for farsighted leadership.**

The trio of Google senior leaders behind the new book *Trillion Dollar Coach* join the How to: Academy to present management lessons from legendary coach and business executive, Bill Campbell, whose mentoring of some of our most successful modern entrepreneurs has helped create well over a trillion dollars in market value.

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