



# Riz Vazir

**Digital Wellness Expert & Founder of Scroll By Choice:  
Helping people reclaim control of their screentime and build  
healthier digital habits.**

**Riz Vazir** is a digital wellness entrepreneur and speaker helping organizations, schools, and families reclaim focus in a world engineered to distract. As Founder and CEO of Scroll By Choice, he applies behavioral science to the modern challenge of excessive tech distraction, translating complex issues around technology, AI, and attention into practical, implementable frameworks.

As a former executive at Microsoft and Aon, Riz led global transformation initiatives. He brings systems thinking and data-driven insights to help organizations understand how attention-hijacking designs affect productivity, wellbeing, and workplace culture. Riz is a Prosci-Certified Change Management Practitioner with an MBA from Northwestern University's Kellogg School of Management.

Riz regularly speaks at leadership, wellbeing, and future-of-work events across corporate, education, and public sectors. Recent engagements include keynotes and workshops at Public Relations Council of Alabama, Industrial Athletic Trainers Conference, Iowa Healthiest State Initiative, Alberta Health and Safety Conference, Northwest Events Show, Microsoft Envision, Boston Children's Hospital's Guardians of Digital Wellness, Advent Health, Mercer Island School District, and King County Library System. His audiences leave with concrete strategies to reclaim time, rebuild focus, and design healthier relationships with technology at work and at home.

Riz also advises school districts and community organizations, including supporting refugee professional-skills programs and serving on the Issaquah School District Technology Committee.

Riz lives in Bellevue, Washington with his wife and son who inspire his mission to help people build healthier relationships with technology.



## **Riz Vazir Speaking Topics: Fees \$4500 - \$7500**

### Doomscrolling: Closing Attention Gaps on the Front Line

Workers can make catastrophic mistakes because their attention is under assault from distraction, poor device habits, and digital fatigue. Digital distraction isn't a personal failing; it's a frontline safety and performance issue. This keynote reframes doomscrolling as an organizational risk and equips leaders with practical frameworks to protect attention at every level. Ideal as a conference opener or culture-shift catalyst.

### Everyone's Doomscrolling: Leading in a Digitally Distracted World

Designed for senior leaders and executive audiences, this keynote addresses the leadership crisis no one is naming: you cannot inspire, connect, or lead a team when your own attention is fractured. The talk explores how poor digital habits like doomscrolling, constant app switching, and unmanaged smartphones quietly drain productivity, engagement, and well-being. Learn actionable frameworks to recognize and address digital overwhelm as both a wellness challenge and a performance lever.

### Doomscrolling, Digital Distraction, and Diminished Care: The Hidden Quality Gap

Crafted specifically for healthcare leadership, administrators, quality leaders, and culture champions driving care excellence. In healthcare, attention is care. Distraction isn't harmless, it's a safety risk. As clinicians and staff juggle constant digital inputs, burnout, errors, and disengagement quietly rise. This session exposes how "doomscrolling culture" impacts quality outcomes and patient connection. Participants digital distraction degrades judgment, empathy, and outcomes at every level. Not a clinical talk, a leadership and culture talk.

## **Videos**

[Digital Wellness Keynote Northwest Events Show](#)

[National Keynote to Lawyers and Paralegal professionals \(Virtual\)](#)

[Boston Children's Hospital's Digital Wellness Convening \(Panel and Host\)](#)

## **Client Testimonials**

Your take on technology as a tool and not something to demonize really resonated with attendees. – *Megan Riggs, Seattle Homeschool Group*

Your session offered a powerful and relevant perspective that made a lasting impact on our attendees. Thank you for your tips. – *Courtney Steele, Conference Chair, 2026 Public Relations Council of Alabama*

The session was incredibly insightful, particularly the deep dive into the psychology behind screen addiction. The discussion about finding a balance between productive use and avoiding mindless scrolling was especially valuable. Overall, I left feeling more aware of my phone habits and equipped with tools to make more intentional choices moving forward. – *Zehra Abedi, Sales Incentives and Finance Leader at Microsoft*