



Nina Hersher
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Sustainable Strategies

for Tech-Life Balance in an Always On Culture

Categories: Mental Health, Physical Health, Environment, Relationships, Communication

You may be wondering – how can my relationship with technology be healthier? How can I optimize my digital habits for better productivity, mental health, and communication? You're in the right place! With the shift to hybrid and remote work, many of us have spent more time on tech than ever before, and have learned a myriad of lessons about the connective nature of our devices. While they allow us to bridge distances, time zones, and can bring us together – we also acknowledge that devices can be an obstacle to self-care, stillness and introspection as the rapid-fire urgency of the digital world beckons. In this talk, Digital Wellness Institute Co-Founder, Nina Hersher, will discuss ways to navigate this balance and help learners make the most out of their tech time in an era of hybrid and remote work.

Price: \$5,000 Virtual, \$10,000 In-person

Learning Objectives:

- Activate best practices in digital productivity and communication
- Learn to be a change agent in creating and sustaining positive digital practices at home, work, and beyond
- Prevent and recover from sensory overload and digital overwhelm to support mental health
- Positively shift your habits with your devices to fuel vs. fatigue you

Topical Focus:

Self-Care, Employee Wellbeing, Guided Meditation, Stress Reduction

Customers/Industry:

Corporations, Mental Health & Health Promotion Practitioners, Higher Ed, K12, Retreats and Team-Building Events