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# Social Media for Good:

## A Guide to Well-being in the Digital Age

**Categories:** Relationships, Social Media, Well-Being

In today's world digital tools are developing at the speed of light leading to great opportunities for our personal and professional lives but also to unanticipated problems. Specifically, young adults are challenged by managing the constant stream of stimulation via social media, information overload, and online communication. In this talk, Professor and Positive Media Psychologist Sophie Janicke- Bowles will equip academic leaders, educators and students with practical strategies to turn the detriments of mobile phone and social media use into opportunities for growth and inspiration. Attendees will learn how to transform disconnection and loneliness from device usage into meaningful connection and feelings of support; sadness, anxiety and self-esteem issues into confidence and happiness online; being the victim of cyberbullying and microaggression to becoming a leader in civil communication; and mindless scrolling into conscious content consumption. Join Dr. Bowles to learn how digital devices can be tools for empowerment and fulfillment when used with intention.

**Price: \$2,500 Virtual, \$5,000 In-person**

### Learning Objectives:

- Discover how to take inventory of your digital well-being through a scientifically validated digital flourishing scale
- Understand how technology is impacting our brain and influences our everyday lives
- Learn how to transform mindless technology use into intentional practices that support your work and relationship goals
- Establish new habits for how to use social media and your mobile phone that lead to fulfillment and personal growth
- Increase your mental health by changing your technology mindset

### Topical Focus:

Research, Media Use

### Customers/Industry:

Higher Ed, K12, Social Media, Technology