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Cultivating a Healthier Feed:

How Younger Employees can Power Down to Power Up

Categories: Productivity, Mental Health

As younger professionals struggle to manage the pressures of conducting their work & personal lives through digital devices, many are left feeling unconnected, unproductive and overwhelmed. For millennial and Gen Z employees, digital technology has been a constant daily presence. But with all its power and potential no two generations know better about its associated harms. Now as either new entrants into the workforce or established virtual or hybrid employees, leading a successful professional life requires a change in personal digital usage mindset. Join DWI Co-founder Tyler Rice as he shares ways that younger individuals can “power down to power up,” and harness the incredible power that digital technology provides while mitigating its associated harms.

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

Learning Objectives:

- Teach the audience about the underlying impacts of digital dependency that can lead to feelings of burnout, anxiety, and depression
- Help attendees effectively communicate physical and digital boundaries with colleagues, family members, and roommates in the digital environment
- Help individuals shift into a productivity mindset & explain why “powering down” is an important way to “power up”

Topical Focus:

New Entrants to the Workforce,
Career Development

Customers/Industry:

Health Care, Consulting,
Public Service, Legal