the **digital detox company**

G E **Digital Wellness Programme**

WHAT
WE DO

We provide bespoke Digital Wellness Programmes that integrate mindfulness, psychology, neuroscience and creativity practices, to create a culture of Digital Wellness in your organisation.

Our programmes offer a practical 'take-away toolkit' that can be applied to the daily lives of your employees, to manage their digital landscape at work and at home in new and effective ways.

Orianna Fielding
Founder
Digital Detox Comapny

Dr. Tamara Russell PhD
CLIN PSYCH, neuroscientist,
Leading Mindfulness trainer.

Selda Goodwin
Advanced Certifed Yoga
Instructor

Jenny Nabben MBA
Executive leadership
communications expert

Jacqui Marson
Chartered Psychologist

Tina Yang MBA
Creativity practitioner

WHO
WE ARE

Our team is made up of a group of internationally recognised experts in the fields of Psychology, Neuroscience, Mindfulness, Neuro-Linguistic Programming, Yoga and Creativity practices who have been selected for their expertise, result driven practices and passion for their specific disciplines

Introduction

For global corporation with offices all over the world, digital communication and remote working form the foundation of a company's digital ecosystem

Our Digital Wellness programme has been designed to foster a culture of Digital Wellness by **"re-framing our relationship to technology as the tool and not the driver of our lives".**

We believe that "Helping people maintain digital wellbeing is imperative, not only to their own quality of life, but also for their concentration, their ability to make decisions, their productivity their physical health, and their relationships with other people"

Successfully managing the digital landscape by establishing the right workplace digital culture and best practices can make a huge difference to the health, wellbeing and productivity of a company. Our aim is to creating a culture of digital wellness in the work place which we encourage ideally as a commitment and directive from the C suite down, to be incorporated into the company's wellbeing agenda.

Our Digital Wellness programmes are customised to meet your company's particular need as we have found a bespoke rather than a one size fits all solution, creates deeper change.

6 Pillars of Digital Wellness

The programme is made up of a series of fully immersive experiential offline, macro experiences in an especially selected bespoke combination of modules drawn from the six pillars of digital wellness, designed to address the particular pain points of your organisation..

6 pillars:

- **Digital Consciousness** Conscious computing
- **Digital Dependence** Understanding of the psychology of dependence
- **Digital Distraction** Exploring the applications of Mindfulness in the workplace
- **Digital Communication** Managing the Digital landscape and the challenges of digital communication
- **Digital Holistic Wellness** Mindfulness & Yoga 'bites' to manage inactivity
- **Digital Expansion through Creativity** Unlocking innovative thinking by developing fine motor skills

How we work:

In order to establish the key Digital Wellness pain points for an organization-we work through 4 key stages:

1. Discover

We send out a Digital Wellness Workplace Survey in advance to your workforce so that we can gather data and map your digital landscape to establish the pivotal pain points of your organisation.

2. Design

Using our 6 Pillars of Digital Wellness as the foundation of the programme, we design and create a customised, bespoke Digital Wellness Programme, using the relevant combination of modules that have been especially selected to solve your company's pain points and encourage new learned behaviours of Digital Wellness.

3. Deliver

We provide, through our team of experts, an experiential and immersive programme which addresses the physical, mental and emotional stresses caused by digital overload.
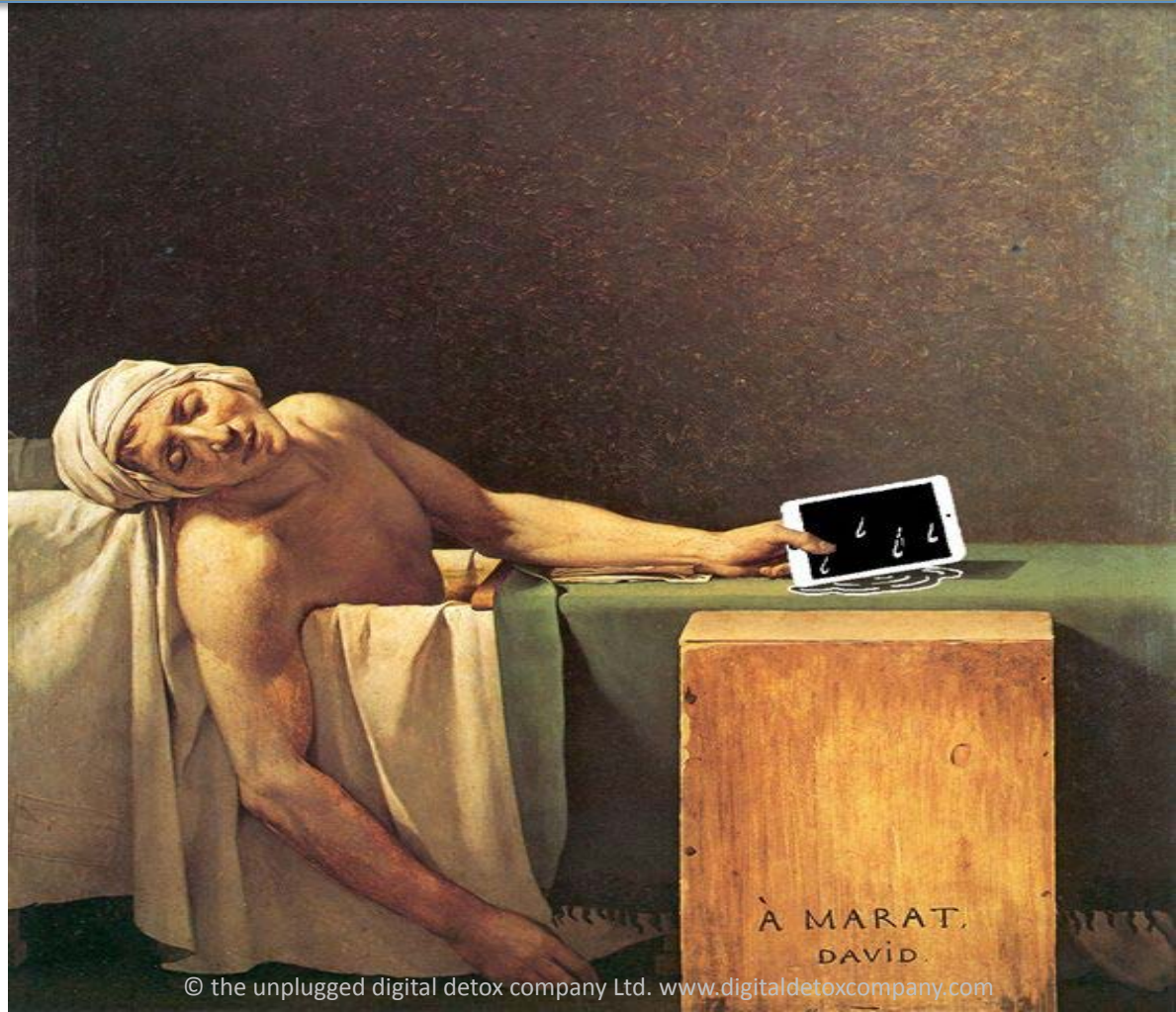
4. Data Analysis

Post programme survey and Digital Wellness Data analysis metrics

1

Digital Consciousness

A contextual analysis of **digital over connection** & **human disconnection** from a cultural and historical viewpoint. Investigating the human, physical and sociological impacts of digital.

1 Digital Consciousness

Introductory pillar by **Orianna Fielding** which provides a philosophical and contextual analysis of how our roles are changing within our Digital landscape, Addressing the issues of our digital over connection and our human disconnection, and demonstrating how filtering strategies, techniques to engage the unconscious, and **finding new ways to reset ourselves** by intermittently **putting ourselves on 'Airplane mode,** will enable us to **re-establish a healthy relationship with our digital devices and use them as the tools they were designed be.**

We love digital as a tool and not the driver of our lives.

The focus of our programme is to reframe our relationship to digital. We have to remember that when we are digitally connected to the world the world is digitally connected to us. We are living our lives through digital layer that is changing the way we behave and replacing human behaviours that we have had for thousands of years with newly acquired digitally dependent habits. Are we now living an iLife instead of a real life?

- **How does your digital connectivity make you feel?**
- **How do you want to feel?**
- **In person communication. The impact of attention.**
- **The Power of Being Fully Engaged**
- **Conscious Computing**

2 Digital Dependence

"**Digital dependence is like eating fast food, it temporarily make us feel full but ultimately does not deliver any real nutrition**"

Orianna Fielding Founder Digital Detox Company

2 Digital Dependence

Psychologist Jacqui Marson provides an understanding of the psychology of dependence by exploring the effects of digital overload. During the module she demonstrates how to counteract the effects of anxiety and stress caused by digital overload by identifying the psychological and emotional triggers that lead to symptoms of stress, depression & anxiety, and replacing them with learned behaviours of digital wellness.

- **Gain insight into psychology of habit formation.**

- **Looking at practical ways of reframing digitally dependent** habits and learning new wellness behaviours which lead to better performance and improved health, wellbeing and digital wellness

- **Develop an understanding of sustaining behavioural changes** to encourage a return to a more balanced and connected relationship with yourself and a healthier, more productive relationship with our digital devices.

- **Managing the culture of always 'on'.** Understanding that even in our instant gratification-focused society, being available all day isn't necessary. learning how to communicate when you're available.

3 Digital distraction

"Multi tasking does not make us more productive. Multi-tasking is a myth" Dr. Tamara Russell

3 Digital distraction

Tamara Russell, Neuroscientist and **Mindfulness expert** demonstrates the neuroscience behind the damaging effects of using multitasking to cope with Digital Overload, which lead to a lack of focus and lack of productive work. This module provides effective behavioral solutions designed to increase focus and productivity through the practice of mindfulness to encourage presence, concentration and focus. *Digital overload causes our body to go into distress and release cortisol.* ***The brain cannot cope with more than one task at once- it begins to shut down*** "Multi taking is a myth"

Multi tasking damages productivity and leads to increased stress levels.
We believe 'busy' does not mean productive. and that "balance' is the new achievement .

Mindfulness positively impacts on our Neuroplasty actually changing the shape of the frontal cortex. Mindfulness practices counteract the symptoms of multi tasking such as Digital distraction, lack of focus which can lead to attention deficit disorder by encouraging new practical and productive work practices

- **Attention Management vs Time Management**
- **Mindful communication techniques**
- **Restoring balancing in our digital connectivity**
- **Unitasking: adopting new linear working methods**
- **Understanding that how we are in the body is how we are in the mind**

4 Digital communication

"**managing human connectivity in a digital Landscape**"

4 Digital communication

Orianna Fielding & Hilary Thomson: How to manage connectedness and digital communication in a corporate digital landscape. This module explores how we come across in our digital communications as 'talking heads' and how to manage the perception of our digital presence.

Talking heads
- How we are perceived digitally:
- How our body language and vocal tone translates across a digital medium
- Finding your voice and learning how to express your authentic voice digitally
- How technology impacts our digital presentation skills

Remote working :
- Managing virtual team across territories
- Managing dispersed teams: keeping everyone in the loop
- Digital presenteeism
- Trust issues relating to remote working

Digital Protocol
- Email protocol/ Digital protocol in meetings
- Head of email/ NED (No email day)
- Throw away culture of emails
- Corporate email protocol directives & digital sunsets

5 Digital Holistic Wellness

"how you are in the body is how you are in the mind" Dr. Tamara Russell

5 Digital Holistic Wellness

Selda Goodwin Yoga & mindfulness expert. explores how to counteract the physical effects of inactivity and extended sitting in the workplace. We have developed a series of Digital Wellness ' bites' which are By training the attention on the musculoskeletal and emotionally intelligent networks, this facilitates a disconnection from the digital layer that informs our lives and teaches us how to reconnect with the 'essence' of who we are and reconnect with our bodies. The use of all the data from mind and body and enables a holistic practice of digital wellness to be brought into the workplace.

- **A series of workable yoga and mindfulness exercises that can be practiced throughout the day in a workplace context to encourage mindful movement to counteract the damaging effects of extended sitting and general inactivity.**

- ***"Sitting is the new smoking"* Incorporating the 90/10 rule into the workplace to avoid the onset of chronic diseases.**

- **Incorporate some mindfulness in the body exercises prior to meetings for increased focus, clarity and productivity**

- **How the constricted posture of sitting looking at a screen or hunched over a digital device negatively impacts not only on our physical wellbeing but on our thinking . Sitting at a desk staring at a computer for hours on end is the fast track to back pain and eye strain and restricted thinking.**

6 Digital Expansion

"**Creativity reframes the way we look at things**"

An open mind is the most important pre-requisite for creative thinking.

6 Digital Expansion

Digital Expansion Through Creativity.

"We have found that a high-performing culture maximizes the play, purpose, and potential".

Orianna Fielding leads this module demonstrates how creativity enables us to reconnect with the physical world and expand creative thinking techniques through full immersion in the process of making art. Creating art trains you to concentrate on details and pay more attention to your environment. Art enhances problem-solving skills and encourages creative thinking and lets you come up with your own unique solutions. Out-of-the-box thinking stimulates brain to grow new neurons. Creative practice does not mean using the right side part of your brain. It involves getting both hemispheres of your brain communicating with each other to stimulate communication between various parts of the brain and has been proven to increase psychological resilience and increase the resistance to stress.

- **Using creativity as the tool that unlock innovative thinking by developing fine motor skills**
- **Encouraging design thinking to create great innovation by imagining new approaches to organizational creativity.**
- **Using creativity to reframe the way we look at things and our approach to situations**
- **Designing for value.**
- **Creative problem solving**
- **Designing your personal Digital Wellness Toolkit**

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The human cost of Information overload

- Constant interruption by texts and e-mail alerts lower IQs by 10 points

- Employees consider 1 in 3 e-mails unnecessary

- A typical knowledge worker turns to e-mail 50 to 100 times a day

- Knowledge workers average 20 hours a week managing e-mail

- 60% of computer users will take their digital devices to check e-mail in the bathroom

- Information overload costs the U.S. economy $900 billion a year and in the UK an average of £1250 per employee and 2 weeks of lost working time.

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According to the World Economic Forum, companies that invest in the health and digital wellness of their staff:

- are seen as 3 times more likely to be productive

- are seen as 4 times less likely to lose talent within the next year

- Have been proven to take less time off work and are more creative and productive –impacting presenteeism as well as absence.

- *"Health advisers and clued-up employers will encourage digital detoxing in our daily lives to give human beings the time and space they need to reach their full potential."*
  Telegraph February 2015

WHAT WE CAN DO FOR YOU

In our experience we have found a bespoke rather than a one size fits all solution creates deeper change.

Our aim is to develop a culture of Digital Wellness which starts with the C suite and permeates throughout every level of the organisation."

- **Analysis of the issues associated with digital dependence prior to participating in our Digital wellness Analysis Survey**

- **Delivery of results orientated bespoke Corporate Digital Wellness programme**

- **Post programme metrics and evaluation providing data 4 weeks after the programme has finished.**

Deliverables

- A customised platform for learning and adopting new digital wellness behaviours.

- Creating a platform for personal growth and empowerment by identifying the triggers of and responses of digital dependence and providing alternative digital wellness behaviours.

- Learning a personalised practical skill set to manage digital overload in the workplace.

- Adopting and practicing new customised digital wellness behaviours to alleviate physical and emotional stress and encourage enhanced wellness.

- Learning to 'Uni task' and focus on the work at hand by adopting new mindfulness techniques to manage digital distraction and increase productivity.

- Learning how to manage workload through prioritisation, real engagement and focus.

- Learning and practicing custom skills that enable the practice of new digital wellness behaviours in the workplace to address personal and corporate digital overload challenges.

- Restoring a digital/ analogue balance to encourage a reconnection with the inner core to enable authentic, creative and productive realtionships and innovative thinking.

- Providing a practical and workable 'take-away toolkit' that provides new management solutions for the digital landscape within the work and home environments, in new and effective ways to encourage a life of balance, wellness and productivity.

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The Digital Wellness programme delivers **practical techniques and workable practices** that can be applied to the daily lives of your company's workforce to **enable them to manage their digital landscape in both their work and home environments, in new and effective ways** to create a life of balance, productivity and wellness.

The programme designed as a **bespoke combination of immersive and in-person modules** selected from the **6 pillars of Digital Wellness to address the pain points highlighted in the data analysis of your company's pre- programme survey** and are provided in situ and in-house, offering a practical and workable **'take-away toolkit'** to encourage a return to **digital wellbeing, inspire innovation and maximise the human potential and engagement of your company's workforce.**

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