

case study Business in the Community



We ran a 90 minute Time To Shine Offline session for Business in the Community at their London offices. A group of 20 staff attended from various departments to workshop their relationships with digital technology. The session highlighted the pros and cons of today's constantly connected world and aimed to help participants to see how they could take personal control to improve the role technology played in their lives.

“The session was great fun and really got staff thinking about their relationships with tech. The practical tools and tips were particularly useful. We wish Shine Offline all the best in continuing to share their learning with businesses throughout the UK.”

**Liz Cox, Learning and Development Manager,
Business in the Community**

Some participant reactions to what they learnt at the session:

“Following the session I plan to keep phone off my desk, and check after I have finished a piece of work/ task,

get an alarm clock, stop checking my phone on the bus and read instead and ban phones in the bedroom.”

“It was helpful to recognise the positive elements to tech because I often see it as a demon that I need to/ should escape from but find myself constantly online anyway. I found it good to acknowledge that it's OK to find it useful for things and see the positives in it.”

“I plan to keep my phone in my bag while working at my desk so I'm not tempted to keep checking it which acts as a major distractor – this has already made a big difference since attending the session.”

Shine Offline were also booked by BITC NI to deliver our conference icebreaker for their Healthy Working Lives Conference in Belfast in March 2017. The event was attended by over 130 HR and other business professionals.

The lively and thought provoking session was really well received and effectively got attendees thinking about their use of technology at the conference with many choosing to keep their smartphones switched off for the duration of the event as a result of the icebreaker.

Speaking about the session Deborah McConnell, Head of Workplace for BITCNI, said:

“We used Shine Offline at our annual workplace health conference as a way to get our attendees thinking about how they used their smartphones and other devices. Not only was it great fun and energising, it also helped set the tone for the day and inspired delegates to focus on really connecting with each other, the conference programme and the exhibitors.”

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