

case study Lonely Planet



Shine offline were programmed by wellbeing experts Stretching the City to be included in Lonely Planet's 2017 Wellbeing Week which took place in their London offices in June. The Time To Shine Offline 60 minute workshop was programmed alongside a number of other wellbeing elements including a nutrition session, financial management talk and yoga class.

The session was really well received and the staff reported that they particularly enjoyed the interactive elements and the workshopping. All participants agreed that the session made them feel empowered to make some positive changes to the role their smartphone played in their life. 100% also said they would recommend the Shine Offline workshop to a friend or colleague.

Office Manager Georgia Johnson commented:

"I couldn't recommend the Shine Offline workshop enough. It was incredibly helpful for our staff, considering a large part of the work we do is digital heavy. The session was not only informative and interactive, but also fun!"

Participant comments:

"The workshop made me more aware of the options I have to reduce the amount of time I spent on technology."

"Following the workshop I now know that there are very simple things I can do to live a healthier life."

"Really inspiring – thanks! I'm getting an alarm clock and setting boundaries for myself."

