

case study

Ella's Kitchen



Ella's Kitchen invited Shine offline over to their headquarters AKA The Barn in July 2017 to kick start their wellbeing programme with a couple of 60 minute Time to Shine Offline sessions for their staff.

Ella's Kitchen is a company who have gone some way in helping their staff to manage their screen time and so it was a real treat to work with them. They already have a "no mobiles" rule in internal meetings and are big advocates of pen and paper. The sessions delivered were high energy and a lot of fun and the team response really positive.

Really jumping on board with the Shine Offline way of thinking, The Happies Team bought every staff member a gorgeous Ella's Kitchen alarm clock to encourage them to make their bedrooms smartphone free.

98% of attendees commented that the session had made them think about the impact technology had on their life, and agreed that the session had made them feel empowered to make some positive changes to the role their smartphone played.

When asked what was the biggest takeaway from attending the workshop participants comments included:

"This is having an impact on my relationships and I have a problem! Thank you."

"How much of an impact it has on my everyday life and how much I want to make some changes."

"It gave me a moment to consciously decide on a change I wanted to make."

"Quite how much I rely on my phone to feel good and how to stop my reliance on it!"

"Everyone is affected in the same ways by technology - I'm not alone."

"Accepting that I have a problem / addiction and feeling inspired to do something about it."

"Small changes can make a huge difference to your life, mental health and general happiness!"

"That using my phone on the throne might be causing me extra stress!"

Facilities Manager Jo Wilby added: *"It was awesome having the Shine Offline ladies at Ella's. Not only was it a fun, interactive session, it also made the whole team think about their technology usage. The phrase 'I'm shining offline' is now often heard around the Barns."*

