

# case study

## Think Productive



Shine offline were invited by leading productivity company Think Productive to deliver our 60 minute workshop as part of their Ninja Away Day in Brighton in July 2017.

The participants commented that Laura's natural, funny and open style made the session particularly enjoyable as she brought a lightness to the content without taking away from the importance of the messaging and the learning.

The session was a great success with 100% of participants agreeing the session had empowered them to make some positive changes to the role their smartphone played in their lives and 100% also strongly agreeing they would recommend the session to a friend or colleague.

Graham Allcott, Think Productive's Founder commented:

*"The Shine Offline session gave myself and the team the opportunity to have the space to learn and ponder the impact the online world has on all of us. Managing your relationship with your smartphone is a surprisingly tricky thing to get right, but surprisingly powerful when you do. Following the workshop I've made some great tweaks to my own working habits and even for someone like me who thinks about these things A LOT, it's helped me reclaim some of my attention and curb the addiction to the digital pings."*

Managing Director Elena Kerrigan commented:

*"The workshop was thought-provoking, emotive, human and great fun, with tangible solutions to help you shine offline. It has already sparked off lots of practical and supportive discussions amongst the team."*

Participant comments:

*"There is hope! There are things about my 70's childhood I want for my daughter (and to have back for me!)"*

*"I really enjoyed having the space to think and laugh"*

*"The session made me think about how my behavior with my phone affects others"*

*"I loved the practical examples. No phone on bedside table!"*

