

Helping your people to shine offline

Our sessions

How to have a happy, healthy relationship with your smartphone

30 minute keynote - unlimited participants

Shine Offline founder **Laura Willis** presents an accessible and light-hearted look at the constantly connected world we live in, how this has come about, why it matters and how we can take back control. Laura shares her own experience of burnout that made her realise she had to change the relationship she had with her smartphone. Includes some of Shine Offline's tools and tips for improving the role your smartphone plays in your life.

Time to Shine Offline*

75 minute session - up to 50 participants

In our fun and interactive workshop participants are invited to turn off their phones and consider the impact 24/7 connectivity is having on our working and personal lives. Learn how to better manage digital distractions through practical and simple tools and tips that can be implemented immediately to get balance back. The session includes aftercare support.

** Includes after care to help participants to stick to their intentions and a short survey distributed 4 weeks after the session to ascertain how effectively the learning positively impacted their lives.*

The Digital Generation Game

Event icebreaker - unlimited participants

This simple yet inspiring icebreaker sets the perfect tone for any conference or event. By playing our Digital Generation Game attendees will be invited to recognise how continuous distractions from their smartphone can interfere with their ability to fully engage with the conference programme and really connect with fellow delegates.

Healthy Tech Management Plan and Screen Time Guidelines

Shine Offline work with businesses of all shapes and sizes to help them create a culture of healthy, balanced technology usage and ensure their employee's productivity, wellbeing, work life balance and creativity are not adversely affected by their online communications.

99%*
of participants would
recommend Shine Offline

95%*
felt empowered to make changes to
how they used their smartphone

*surveyed participants up to Feb 2018



“Thought-provoking, emotive, human and great fun”

Elena Kerrigan, Managing Director, Think Productive

“Eye-opening, great fun and really got colleagues thinking”

Liz Cox, Learning & Development Manager, Business in the Community

“I couldn't recommend the Shine Offline workshop enough”

Georgia Johnson, Office Manager, Lonely Planet

“Very engaging, thought provoking and different from anything we've had before”

Dr Ben Parkinson
National Grid