

We were invited by Mills & Reeve to run our 90 min workshop for their business development team as part of their away day in Birmingham. The session was really lively with a great reaction from the participants.

In feedback 90% of participants agreed that they felt empowered to make some positive changes to the role their smartphone played in their life and 100% strongly agreed that they would recommend the session to others.

Some comments from session participants about the biggest takeaway from participation in the workshop were:

- *How draining, destructive and antisocial smartphones are. And how I can change that myself. You're fantastic!*
- *Acknowledging just how much I fit into the stereotypical phone user – and need to change!*
- *Importance of switching off digitally on my creativity and productivity*
- *Impact of my 'standard' office hours emails to my team*
- *Being more aware of how my phone can be managed properly on a daily basis*
- *How much I do rely on my phone – to try mindfulness*
- *Made me realise I have some things to change to help me for the better*
- *A clear path to taking back some control*

4 weeks later respondents were asked about the impact the learning had had on their life. 85% had made changes to their relationship with their smartphone and 85% had also shared the learning with others. 60% reported that their wellbeing had improved and 55% stated an increase in their productivity. 45% stated their relationships had improved on the back of the session and 35% recorded an increase in their work life balance.

We were then invited by Mills & Reeves's National Employment Team to run the 90 minute session at their staff away day in Norwich in June 2018.

Again the session was a resounding success and Mills & Reeve Partner Stuart Craig commented: *"We invited Shine Offline to speak at our national team away day, following a recommendation from another area of the firm. The intention, which was successfully achieved, was to give delegates pause for thought as to their use of digital technology, both at work and at home, so that they could make sure that they productively and constructively use their digital devices in the best way for them. The feedback from our delegates, who were a mix of lawyers and support staff, was overwhelmingly positive."*