

Let's face it, most of us have a love-hate relationship with technology. The New Year's resolution is littered with intentions to "get some real work-life balance back this year", shattered as your smartphone's constant **PING** induces that feeling of stress and anxiety. With so many experts calling for Balance of our technology in the workplace, let's take a step back to consider how many of us have been able to take the concrete steps to implement this utopia? Distracted staff are not productive, and are more prone to stress and anxiety. So, let's get our Tech Diet back in shape so we can use technology for good and not evil.

SESSION OVERVIEW:

Brad Marshall is a Psychologist who doesn't like using fluffy or technical jargon. With his straight forward approach audiences will:

- Learn the "**Psych Science**" or psychological underpinnings that drive the addictive nature of screens and devices delivered in plain English, **NOT** research jargon.
- Check in with your own view of balance and an honest account of "have I been able to live that?"
- Learn about the **Unplugged Steps** to manage our computers, emails, and phones both at work and home.

Duration: 60 minute key note

This topic is also ideally paired with the "Tech Diet for Parents" to help your staff reclaim their sanity at home and come to work well rested and ready to tackle their day.

THE TECH DIET FOR PRODUCTIVITY

For more information or
to book, please contact
admin@unpluggedpsychologist.com.au

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The methods
Brad Marshall
provides are based
on thousands of hours of
successful clinical
treatment.’
-Dr Wayne Warburton
PhD Associate Professor
of Developmental Psychology
Macquarie University

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