DIGITAL WELLBEING IMPACTS ALL OF US

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Executive Producer of Evolving Digital Self
podcast, Digital Wellbeing Evangelist

THE DIGITAL ERA IS HERE TO STAY.

According to IDG's 2018 study, **89% of organizations have plans to adopt a digital-first business strategy.** More than ever, relationships and trust are what make businesses thrive.

WHAT IS THE COST TO YOUR ORGANIZATION, AND YOU?

Two-Thirds of the world's 7.6 billion inhabitants now have a mobile phone.

70-90% of Digital Transformations fail, costing organizations millions every year

Increasing health issues related to tech use from chronic pain to sleep deprivation, costing billions each year

The **generation gap for knowledge transfer** seems to be widening causing brain drain, priceless

69% of full-time employees report being distracted at work by personal tech use

AND YET...

Recent studies show **we are not addicted to smartphones, we are addicted to social interaction.**

The **human relationship** with technology from **aversion to addiction** often drives the **digital transformation failure statistics**

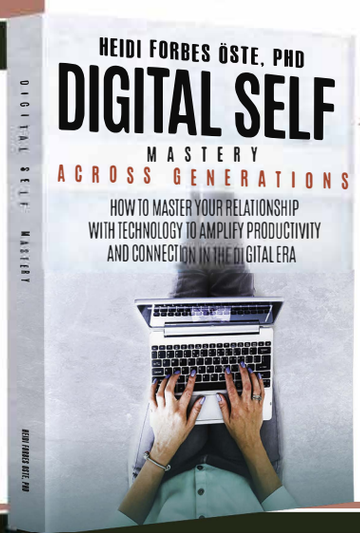
Digital health solutions and wellness apps provide opioid free solutions to both tech related health issues and other wellbeing issues

Digital solutions for seniors and youth provide peace of mind and connection for professionals enabling them to focus on their work

ABOUT DR. HEIDI FORBES ÖSTE

Dr. Forbes Öste is a behavioral scientist, author of best-selling Digital Self Mastery series and Executive Producer of Evolving Digital Self podcast. She combines 25 yrs experience in global social strategy consulting with her scholarly research in the human relationship with technology and her personal passion for wellbeing. Her groundbreaking work provides a unique perspective on the how to survive and thrive in the digital era, integrating behavior science, wellbeing, and system thinking. She is a passionate advocate for digital wellbeing as a key element for future proofing human and organization systems.

She is an American born naturalized Swede, mother of teens raising them as global citizens that believe "Knowledge is Power, Sharing is Powerful."



Reviews: "Life Saver!" "Thank you for spelling it out so easily!" " The Roadmap to digital understanding!" "A great guide for achieving balance in the age of technology!" "OMG, I needed this." "Just what I needed." "Finally takes the terror out of tech!"

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Boundaries, building aligned tech ecosystems and conscious relationship with technology can eliminate the costly challenges in the digital era and provide new opportunities for you and your organization to thrive

DIGITAL SELF MASTERY ACROSS GENERATIONS OUTCOMES FOR YOUR ORGANIZATION AND YOU:

Increased Productivity
Improved Engagement
Enhanced Wellbeing

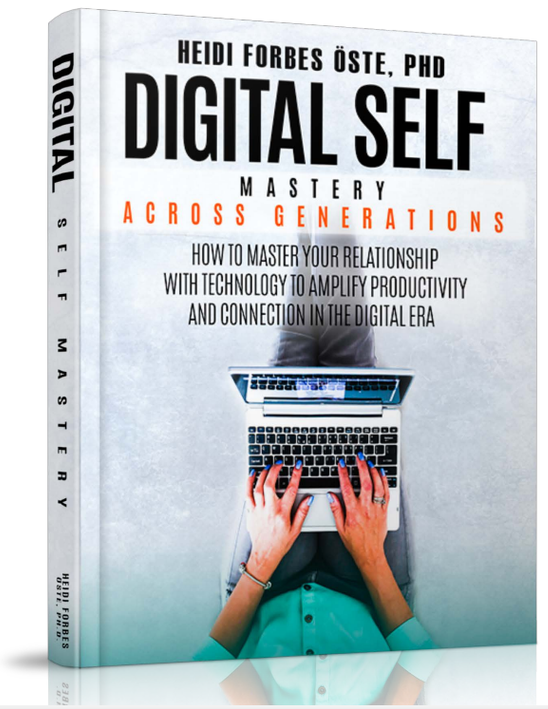
Identifying your behaviors and bottlenecks in relationship with technology

Learn techniques to transform these disruptive behaviors to free up time and energy for increased productivity, positive engagement and improved wellbeing

Create a roadmap for an optimized tech ecosystem for home and work

Build healthy boundaries around relationships with technology

Tips for practice to adopt in teams and families to improve digital life balance



DR. HEIDI'S POPULAR SPEAKING TOPICS:

TECHNOLOGY AND HUMANITY:
The impact of technology on our business and personal lives and how we engage with the world. Explore our potential impact.

Value Add For Audience: She provides a fresh perspective and survival tactics to the growing challenge that impacts everyone from individuals, organizations and their communities.

THE DIGITAL SELF:
From Digitally Averse to Digital Addict, how our relationship with technology impacts our ability to evolve with it.

Value Add For Audience: Explore the behavior science behind how we evolve with tech rather than be consumed by it and how to shift closer to a balanced Digital Self.

WELLBEING AND TECHNOLOGY:
Finding peace through conscious use of technology. Creating partnerships with technology that enhance your life & work as well as your wellbeing.

Value Add For Audience: Build awareness of your tech use; the benefits, the risks and how to choose the best solutions for a harmonious relationship with your tech.

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