



# DIGITAL ADDICTION & DIGITAL WELLNESS



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## COURSES

### INTRODUCTION TO DIGITAL ADDICTION

We all understand that texting while driving is bad, but this same type of distraction can also affect the workplace, family, and other settings where it can have a significant impact on safety, productivity, relationships, school, careers, and business liability. This course discusses the causes of digital addiction, examines its impact around the world, reviews the latest research and legislation to address it, and provides parents, supervisors, managers, and teachers with general principles for addressing digital distraction in every area of life.

COURSE DATE	TIMES	COURSE FEE
Wed., Sep. 16, 2020	F0:00 AM - 12:00 PM	\$99 per person
Wed., Oct. 14, 2020	F0:00 AM - 12:00 PM	\$99 per person
Wed., Dec. 2, 2020	F0:00 AM - 12:00 PM	\$99 per person
Wed., Feb. 10, 2021	F0:00 AM - 12:00 PM	\$99 per person
Wed., Apr. 7, 2021	F0:00 AM - 12:00 PM	\$99 per person

### DEVELOPING A SMARTPHONE POLICY FOR WORKPLACE SAFETY

This workshop focuses on providing supervisors, managers, and business executives with a framework for developing, implementing, enforcing, and benchmarking a workplace smartphone policy that minimizes accidents, improves productivity and mitigates liability. Research on workplace impact and digital enforcement tools are discussed.

COURSE DATE	TIMES	COURSE FEE
Wed., Sep. 16, 2020	1:00 PM - 3:00 PM	\$99 per person
Wed., Oct. 14, 2020	1:00 PM - 3:00 PM	\$99 per person
Wed., Dec. 2, 2020	1:00 PM - 3:00 PM	\$99 per person
Wed., Feb. 10, 2021	1:00 PM - 3:00 PM	\$99 per person
Wed., Apr. 7, 2021	1:00 PM - 3:00 PM	\$99 per person

## CUSTOMIZED OFF-SITE TRAINING SOLUTIONS

### CREATING A DIGITAL WELLNESS CULTURE AT YOUR SCHOOL, \$99 per person

Teachers, professors, school administrators, school psychologists, IT managers, and librarians need a plan to address the rampant problem of digital addiction among students. This course provides a roadmap for creating a digital wellness culture at our schools to address the impact of tech addiction on students' social vibrancy, emotional health, and academic performance. Topics covered include research on digital addiction among children, the impact of no-phone policies, educating students about the problem, and mechanisms for reinforcing the value of reducing screen time.

### SCREEN TIME AND PERSONAL HEALTH AND WELLNESS, \$99 per person

This course takes a more holistic "health & wellness" approach to teaching employees about the problem of digital addiction and how to address it in themselves and their loved ones. Topics include how technology addiction impacts social and emotional life, cognitive function, productivity and safety at work, child development, and family life. Strategies and tactics for bringing screen time under greater control in all areas of life are covered, as well as "digital detoxification," broaching the topic with children, and enlisting the help of others. **WEBINAR OPTIONS: Tuesday, November 10, 2020, 3:00-4:30PM, and Thursday, December 3, 2020, 3:00-4:30PM**

### CONTROLLING YOUR PHONE USE TO OPTIMIZE WORK PERFORMANCE, \$99 per person

This course provides employees with a deeper understanding of how excessive personal phone use at work impacts productivity, safety, and workplace relationships. It then models helpful mindsets, strategies, and tactics to keep personal phone use under control in order to optimize work performance and organizational health. **WEBINAR OPTIONS: Thursday, October 29, 2020, 3:00-4:30PM, Thursday, November 19, 2020, 3:00-4:30PM, and Thursday, December 10, 2020, 3:00-4:30PM**