

**From:** Richard Martin <[richard.martin@byrnedeans.com](mailto:richard.martin@byrnedeans.com)>

**Sent:** 29 June 2021 15:19

**Subject:** MBC and our technology - A workshop on creating a healthy digital culture at work - 20 July 11am to 12.30

Dear All

You can't really think about MBC without thinking about digital technology and how we interact with it. It is a great enabler but at the same time digital tools are reported by employees to be one of their greatest sources of workplace stress and disruptors to work life balance - when asked 83% say their digital causes them stress and overwhelm and 90% say distractions from technology impairs their performance at work.

Shine Offline (please see [www.shineoffline.com](http://www.shineoffline.com) for more information about them and their work) have been working with organisations for many years to help them think about digital wellbeing and our relationship with our technology. Over the last couple of years they have been working with some MBC signatories to expressly build this thinking into the organisations' MBC strategy. We wanted to share that thinking more broadly with the signatory group.

We have invited Shine Offline Co-founder and digital wellbeing and management expert Laura Willis to run an exclusive MBC focussed 90 minute webinar to help us to explore our current digital habits and the impact they are having on ourselves and colleagues. Effective email management, meaningful meetings, good use of workplace digital technologies to maximise collaboration and minimise overload, and successful out of hours work tech management will all be addressed. Laura will share insights from the worlds of neuroscience and psychology as well as learnings from a host of businesses Shine Offline have worked with over the past 5 years.

The webinar will be on 20 July at 11am. Please register [here](#) for details

A short, anonymous survey will be distributed to registered participants prior to the session, the findings of which will be used to tailor the session, helping shine a light on digital behaviours and informing the solutions shared. So please do register ASAP so we can make that work and give plenty of time to complete the survey and review the data.

Separately, we will be sending round a general update on various MBC issues in the next week or two but wanted to get this invitation out to you all ASAP

All the best

Richard

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