

ME, MY TECH, AND I



ABOUT

More than 7 out of 10 Americans own at least one smartphone. Three out of 4 smartphone users are within 5 feet of their phone at all times and about 8 out of 10 check them within fifteen minutes of waking up¹. In just a handful of years, smartphones and social media have become a major part of our lives. But has the growth of these technologies outpaced our examination of their meaning? In this workshop we'll explore our relationship to our phones, and other technologies, in order to make more informed decisions about how they fit into our lives.

Participants will learn some of the latest research on how tech impacts our thinking and even shapes our behavior. We'll also practice strategies for minimizing our biggest struggles with tech: anxiety, distraction and multitasking, lowered metacognition, "fear of missing out" (FOMO), and compulsive checking.

¹ Gazzely, A. (2017). *Distracted Mind: Ancient brains in a high-tech world*. S.I.: MIT PRESS.

LEARNING OBJECTIVES

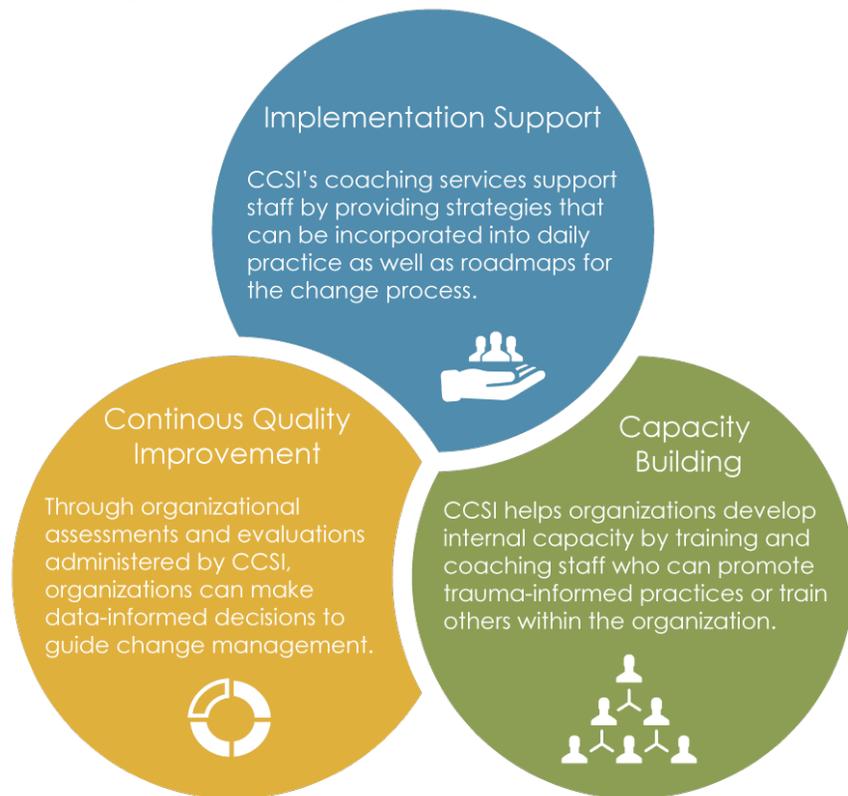
By the end of the Me, My Tech, and I session, learners will be able to:

- Describe research on distraction and multitasking
- Identify strategies used by app developers to increase user screen time
- Identify any user behaviors they would like to change
- Develop a personal technology plan for any desired behavior change



OUR VALUE PROPOSITION

CCSI's Practice Transformation team delivers coaching, consultation, and training that links an organization's vision for trauma-responsive practices to processes for implementing sustainable change. Our consultants have experience working directly in a wide range of programs - they combine deep content knowledge with a solid appreciation for the challenges associated with learning and implementing new ways of delivery services in "real world" settings. Benefits for organizations working with our team include:



PRICING

Our services are customizable and priced based on the client's goals and learning objectives. We work with individuals and organizations of all sizes and capabilities.

WHAT'S NEXT?

If you're interested in moving your organization towards a trauma-responsive approach, please contact us to set up a consultation call.

Linh Ho

585-328-5190 ext. 7526 | training@ccsi.org