

Lina Kirkman

offline is the new luxury

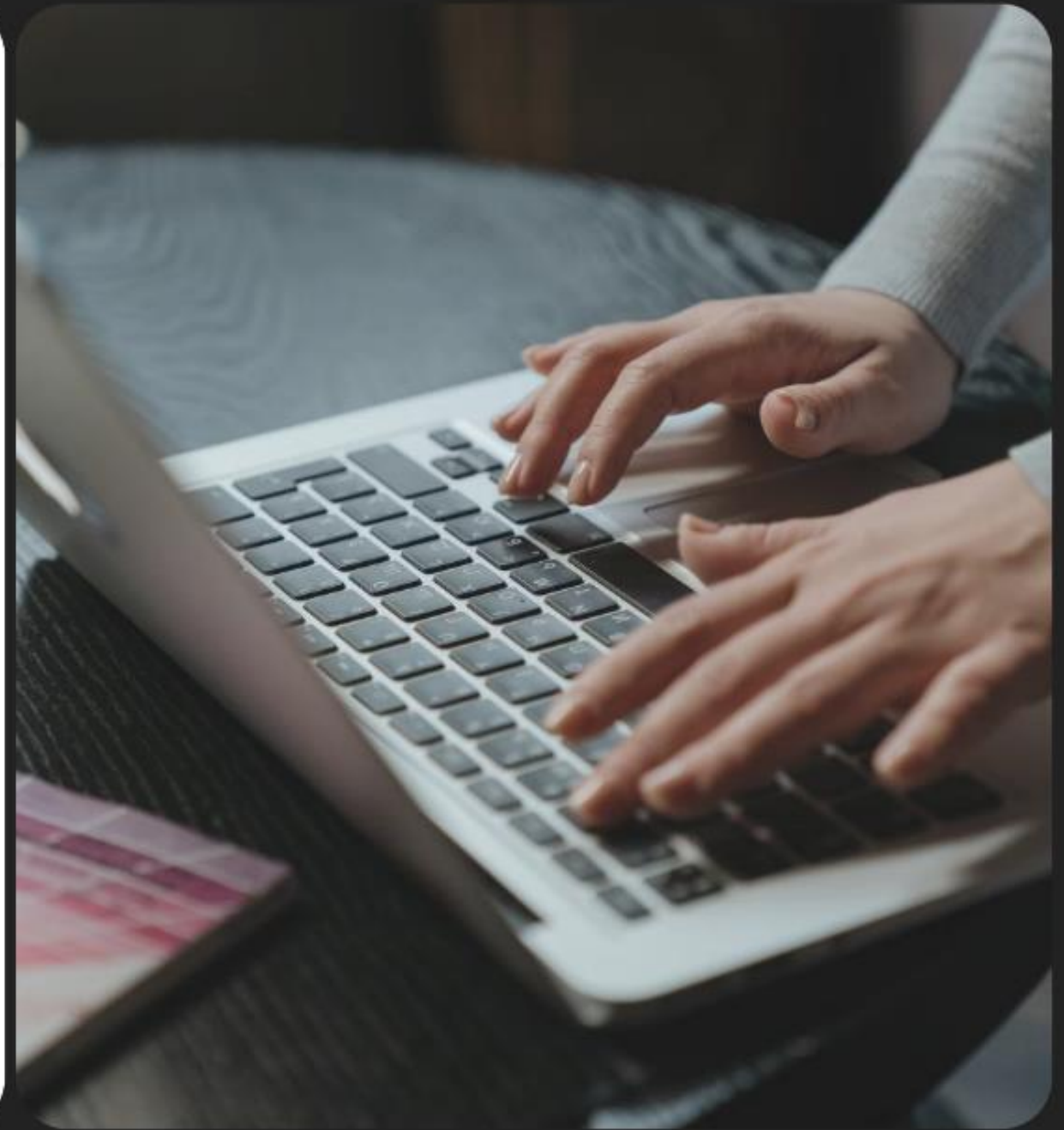
Full day workshop

Rewire Your Digital Habits:

Boost Focus,

Performance & Digital

Wellbeing



Smarter tools are here, but is smarter work?

The digital tools we use at work every day promise to make us more productive and enable us to work smarter, not harder. But the reality is often the opposite: with days full of online calls, constant communication, endless notifications, urgency and digital distractions, and now AI tools, employees and managers report a relentless pace, no time or headspace to think, a shortage of creative ideas, and rising burnout.

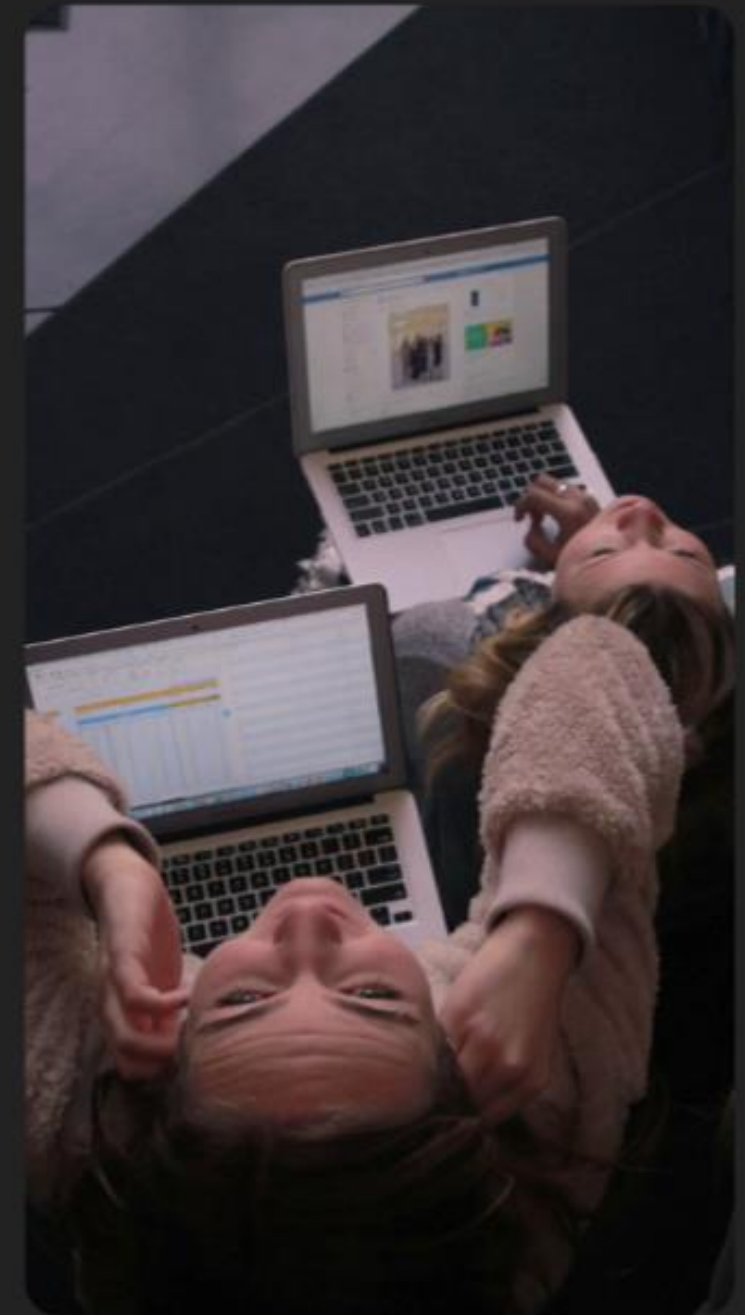
Research shows that:

People get distracted every **47 seconds** when working on screens

Every week, people lose **one full workday** to digital distraction

Context switching (common digital habit) **costs up to 40%** of productivity

53% of managers and **48%** of employees say they feel **burnt out** at work



Solution:

Digital chaos, scattered focus, and stress don't have to be our reality at work.

Just as simple hygiene rules, like washing our hands protects us from serious diseases, simple digital hygiene rules protect us from being sucked into distraction, lost focus, and stalled innovation.

With the right habits, your team can reclaim focus, energy, and creativity.

In a world accelerated by AI, mastering digital wellbeing isn't optional — it's essential.

This **practical one-day workshop** equips your team with hands-on tools, a personal digital wellbeing audit, and individualised digital-hygiene plans.



During the workshop attendees will learn and do:

Digital habits audit – review their daily routines and spot productivity drains.

Impact of the “always-on” culture – learn how constant connectivity affects energy, focus and creativity.

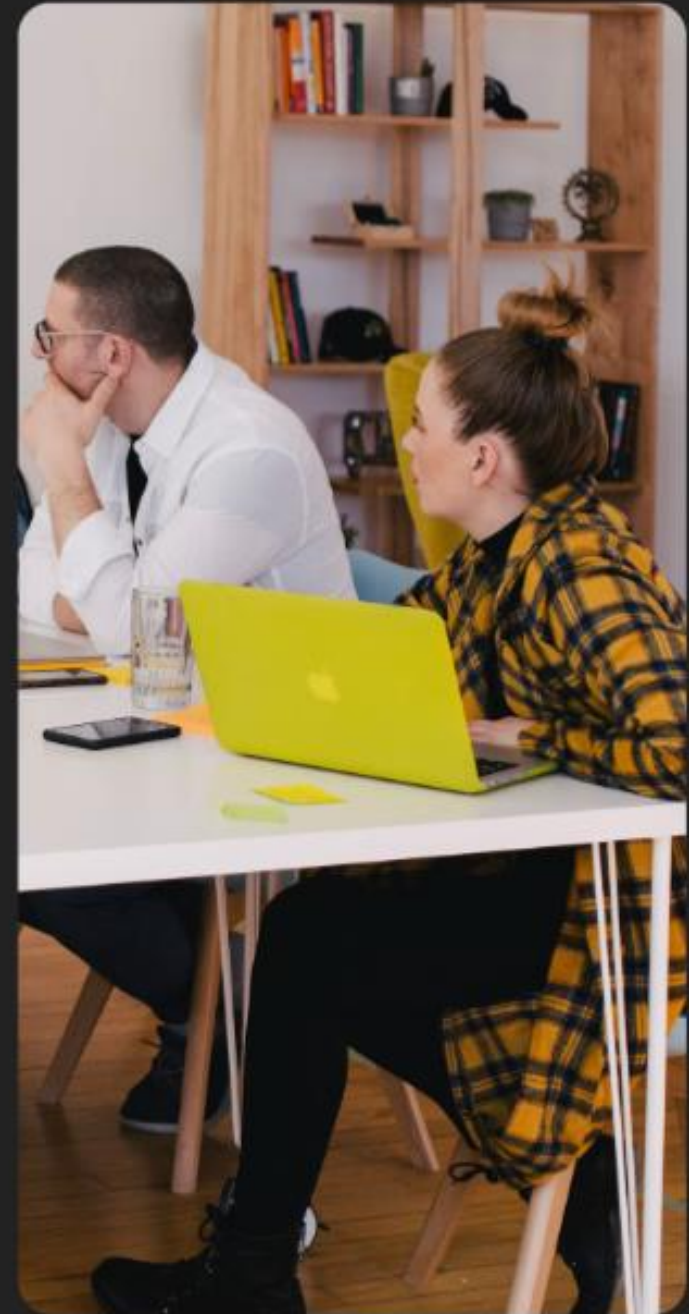
Reclaim focus & reduce distractions – practical techniques for deep work.

Peer brainstorming & scenario practice – small group discussions, shared solutions, and real-case simulations.

Prevent burnout – recognise early signs of overload and restore balance.

Personalised digital hygiene plans – build tailored routines for lasting productivity.

Leadership & team modelling (managers only) – feedback skills, healthy tech habits and culture building.



After the workshop:

One-week digital habit challenge – attendees will be challenged to apply key techniques from the workshop in daily work.

Accountability buddies – pair with a peer to share progress, tackle obstacles, and celebrate wins.

Follow-up call (1 week later) – to reflect, review digital hygiene plans, address challenges, and reinforce best practices.

Measure impact – complete a self-assessment survey to track “before and after” changes.



What your team and your company will gain:

Sharper Focus, Higher Output

Employees will gain tools to minimise digital distractions and protect time for deep, meaningful work—driving more consistent, high-quality results across teams.

Lower Stress, Stronger Resilience

They'll learn to manage digital overload and emotional fatigue, helping reduce burnout, sick days, and turnover risk.

Clear Digital Boundaries, Better Team Communication

Through practical techniques, teams will develop healthier communication norms—fewer interruptions, smarter meetings, and clearer expectations around availability.

Sustainable Habits, Long-Term Wellbeing

Employees will build routines that support energy, mental clarity, and work-life balance—fueling both performance and engagement.

Future-Ready Culture, Stronger Employer Brand

By investing in digital wellbeing, your company signals that it values focus, clarity, and human-centered work: making it more attractive to top talent and aligned with the future of work.



Client Feedback

Unbelievable - that's the only way I can describe the training - after we even changed our internal processes 😊



The whole team really liked the training, interesting and engaging, makes you think and pay attention to your habits, a very relevant topic.



I wanted to express my complete admiration - the content, its presentation, charisma and inspiration - everything was in perfect harmony.



TRUSTED BY:



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About the Facilitator

Lina holds a Master's degree in Business Psychology, Digital Wellbeing Coach certification and more than 15 years of team management experience from fast-paced, tech-saturated business environments. Her digital wellbeing expertise lies at the intersection of psychology, technology, and workplace performance - helping professionals stay focused and productive without compromising their wellbeing.

Lina has been working and speaking in the field of digital wellbeing since 2017 and she is regularly invited to speak at conferences as an opinion leader and appear on radio and TV offering insights on how individuals and organisations can thrive in the digital age.

Lina's mission is to empower teams and leaders with the awareness and tools to manage digital overload, avoid burnout, and create healthier, more intentional ways of working in the digital age.



Ready to Empower Your Team?

What's Included:

- One full-day live workshop (up to 15 participants)
- Before and after self-assessment surveys to measure impact
- 7 day digital habits challenge to reinforce learning
- Follow-up call one week after the workshop

Have more questions?

Email Lina: hello@linakirkman.com

Explore reviews, other offerings, and insights at
www.linakirkman.com

