# Mindful Tech Programme

Build a healthier relationship with technology through awareness, balance and intentional use.

**Format**
On-demand video

**Video Duration**
29 mins

**Audience**
All employees

**Facilitated by**
Irish Life Wellbeing Consultants

Help employees take control of their digital wellbeing today

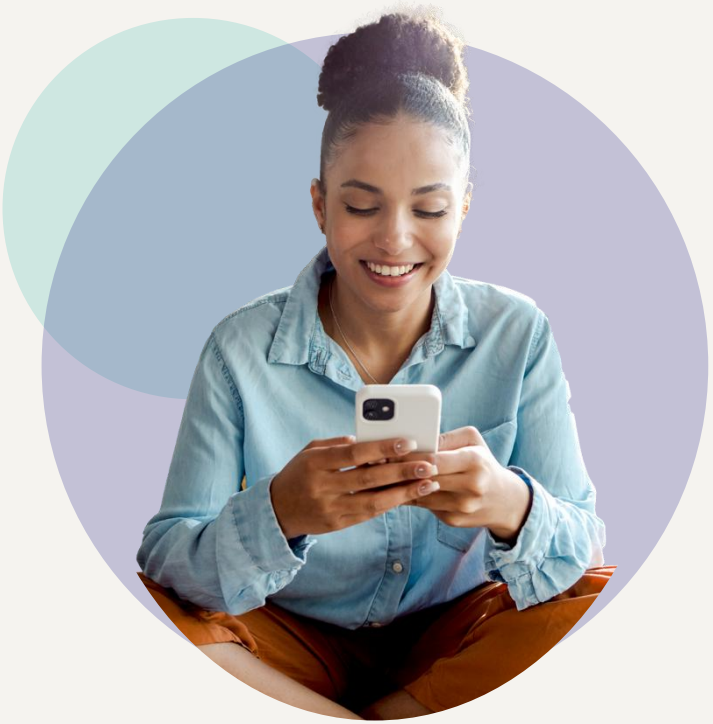
CONTACT US

## Programme highlights

1. Explore what mindful technology use means in everyday life
2. Understand how technology impacts attention, productivity and wellbeing
3. Learn about common behaviours such as multitasking, task switching and "phubbing“
4. Discover practical strategies to manage notifications, screen time and digital distractions
5. Learn how to create healthier boundaries between work, rest and personal time

## Employee impact

1. Improved focus and concentration
2. Greater awareness of personal technology habits
3. Reduced feelings of digital overwhelm
4. Stronger work-life boundaries
5. Enhanced connection and presence in personal and professional relationships
6. Practical tools to support long-term digital wellbeing



## Who is this for?

Employees who want to better understand their relationship with technology, reduce digital distractions and develop healthier habits that support focus, wellbeing and meaningful connection.

## Invest in wellbeing. See the difference

Supporting employees creates healthier teams, stronger engagement and a more inclusive workplace.