



Workshop Series: From Awareness to Lived Belief

Three uniquely designed workshops that transform abstract digital awareness into tangible, felt experience. Each session bridges the gap between knowing and living — using pattern-naming, micro-experiments, and lived experience to create lasting change.

Workshop 1: Families & Kids

From Knowing to Feeling: Helping Families Build Healthy Digital Rhythms



Pattern Spotting Game

Families identify real digital patterns: scroll-and-soothe, micro-urgency loops, "just one more video" cycles



Body Check-In

Guided exercise noticing how bodies feel before and after screen use versus movement



Micro-Experiment

Test 5-minute reset activities (walking, breathing, doodling) and compare feelings



Shared Language

Create family digital feelings dictionary: "brain noise," "scroll hangover," "wired but tired"



Family Rhythm Plan

Build simple, non-restrictive digital rhythm plan together as a family

Why This Approach Works for Families

The Impact

- Kids learn to **feel** digital habit impacts, not just hear rules
- Parents gain practical tools to guide behavior without conflict
- Families build shared language and responsibility
- Early identity formation: "We protect our minds"

Corporate-Friendly Approach

No blame or fear-based messaging. Focus on wellbeing, communication, and cognitive health using neutral, research-aligned language.

- 📌 **Your Signature Flavour:** Digital patterns made visible. Turning invisible habits into something families can see, name, and change through micro-experiments and lived experience.



Workshop 2: Corporate Professionals

Cognitive Bandwidth: Turning Digital Awareness Into High-Performance Habits

01

Digital Load Audit

Map real patterns: tabs, notifications, switching frequency across your workday

02

Attention Simulation

Experience how micro-interruptions degrade performance through guided exercise

03

10-Minute Reset Walk

Guided walk demonstrating shift from reactive to reflective thinking

04

Focus Window Sprint

7-minute single-task sprint to feel difference between scattered and focused work

05

Boundary Blueprint

Design personal digital boundaries that support performance, not restriction

Immediate Benefits for Professionals



What You'll Gain

- Immediate clarity on how digital overload affects productivity
- Felt experience of improved focus and mental clarity
- Practical tools for reducing cognitive fatigue
- Better decision-making and emotional regulation at work

Framed around performance, clarity, and cognitive efficiency — no moralizing or "digital detox" language. Aligns with leadership, wellbeing, and productivity goals.

i Performance through presence: Using micro-experiments to show professionals that clarity isn't a concept — it's a physical experience.

Workshop 3: EdTech & Policy Leaders

Designing for Human Biology: Turning Awareness Into Ethical Action

1

Harm Visibility Mapping

Map where harm is abstract versus measurable: attention, sleep, behavior patterns

2

Design Ethics Walkthrough

Guided breakdown of persuasive design features and their impact on children

3

AI Scenario Lab

Groups evaluate real AI use-cases and redesign them with child-first principles

4

Outcome-Based Redesign

Shift from engagement metrics to wellbeing metrics in product design

5

Policy Prototype Sprint

Teams create draft guidelines, standards, or design principles for implementation

Transforming Ethical Awareness Into Standards

Key Outcomes

- Clear understanding of how design affects child behavior
- Tools to turn ethical awareness into practical standards
- Framework for child-first digital ecosystems
- Stronger alignment between innovation and wellbeing



No ideological framing. Focus on safety, ethics, and responsible innovation that aligns with global digital safety standards and ESG goals.

- ✔ **Human-aligned design:** Bridging the gap between tech innovation and child development using simple, powerful frameworks.

What Makes These Workshops Different



Pattern-Naming

Turn invisible habits into visible, nameable patterns that participants can identify and address in real time



Lived Experience

Micro-experiments create immediate, felt understanding rather than abstract knowledge



Micro-Experiments

Short, practical activities that demonstrate the impact of digital habits on body, mind, and performance

Ready to Bridge the Gap

These workshops transform abstract awareness into lived belief through practical, felt experience. Whether working with families, professionals, or industry leaders, each session is designed to create immediate clarity and lasting change.

[Schedule Workshop](#)

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