

Foundation Series Workshops

Enhance productivity with balanced technology management



Human Productivity

Balanced Technology Management:

Powerful Strategies to Increase Productivity



Overview

Stressed, overwhelmed and in ‘email overload’, today’s workers struggle to keep up to the fast pace of technology. Experiencing high rates of burn-out from a continuous connection to virtual reality, office workers are not getting adequate physical stimulation and human connection required for optimal mental productivity. Isolated behind desks and cubicles, many workers are also experiencing the *Triple Disconnect* from self, others and nature. Depression and anxiety disorders are on the rise, with absenteeism and stress related time-off at an all time high. *Balanced Technology Management* offers organizations an alternative to burn out through self-awareness of their own body energy, determination of individual work productivity indicators, and instruction regarding effective strategies to enhance mental acuity and improve overall workplace productivity.

Goal

Balanced Technology Management raises awareness regarding the effects of increased technology use on human productivity, and offers workplace tools and techniques to optimize individual and work team productivity.

Learning Outcomes

- Identify critical factors for physical and mental health, and apply worker health initiatives
- Analyze current research on technology’s impact on worker’s ability to be productive, focused, attain adequate sleep, physical health, mental well being, socialization, and address addictions.
- Using provided *Productivity Scale*, workers determine baseline energy requirements, and baseline quality and quantity of work to identify daily techniques to improve workplace productivity.
- Using the provided *Zone-O-Meter*, workers identify body energy zones and apply relevant Zone’in office, gym, desktop, conference room and lunch time tools and techniques to get *Zone’in to Work*.

Handouts

Productivity Scale
Workplace Productivity Directive



Evidence based – Research referenced - Strategy focused

Creator and Speaker

Workshop creator **Cris Rowan** is a well-known speaker and author to teachers, parents and therapists throughout North America in the field of sensory integration, learning, attention, fine motor skills and the impact of technology on children's neurological development. Cris has Bachelor of Science degrees in both Occupational Therapy and in Biology, and is a SIPT certified Pediatric Sensory Specialist. Cris is CEO of Zone'in Programs Inc. offering products, workshops and training to promote technology balance and enhance productivity. Cris is creator of the new *Zone'in*, *Move'in* and *Unplug'in* programs, the Foundation Series Workshops and Zone'in Training for therapists. Cris has authored the *Unplug – Don't Drug, Creating Sustainable Futures*, and *Linking Corporations to Communities* initiatives, and is completing her book *Disconnect to Reconnect*.



Who should attend?

Parents, teachers, administrators, special education staff, occupational therapists, speech and language pathologists, physical therapists, counsellors, physicians, psychologists, psychiatrists, social workers and child care providers. Foundation Series Workshops are designed to be *introductory* level for therapists, *intermediate* for teachers and *advanced* for parents, child care workers and teaching assistants.

How to register

Register for our Foundation Series Workshops:

1. **Online** at www.zoneinworkshops.com
2. **Faxing** this form to 1-877-8zonein
3. **Phoning** 1-888-8zonein
4. **Emailing** info@zonein.ca
5. **Mailing** Zone'in at 6840 Seaview Rd, Sechelt, BC Canada V0N3A4

Sponsor a workshop in your own community and receive a free *Zone'in*, *Move'in* or *Unplug'in* program for school or home use. Contact Amy for the details!

To register, please complete and forward the following form.

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Workshop Title: _____

Workshop Date: _____ **Workshop Location:** _____

Name: _____ Occupation: _____

Address: _____

Daytime Phone: _____ Fax: _____ Email: _____

Method of Payment:

Cheque (made payable to "Zone'in Programs Inc.")

MasterCard No. _____ Exp _____ Cardholder Name: _____

VISA Card No. _____ Exp _____ Cardholder Name: _____