

MEET NINA



**Digital Wellbeing Expert
Author - Keynote Speaker**

**Chief Learning Officer
DIGITAL WELLNESS INSTITUTE**

NINA HERSHER, MSW

Nina Hersher, MSW is Chief Learning Officer at the Digital Wellness Institute, author of the bestseller, *Your Playbook for Thriving in the Remote Work Era*, and a highly sought after speaker. A leading expert in Digital Wellness, Hersher holds a specialized Master of Social Work in Digital Culture and Program Development. Hersher is also Co-founder of annual Digital Wellness Day, reaching over 7 million people in 36 countries.

Most recently, Hersher's work was featured in publications including Forbes, The Stanford Social Innovation Review, Al Jazeera, and Voice of America. A member of several speakers bureaus, she has presented internationally at schools, retreat centers, corporations, and conferences ranging from McGill University to Wisdom 2.0, Spotify, Dolby, and The King Abdulaziz Center. Nina's pioneering work in Digital Wellness includes co-founding the Digital Flourishing® wheel and approach with her team at The Digital Wellness Institute, leading to the creation of the first scientifically validated survey instrument to measure well-being in the digital era. Her expertise brought to life the first nationally accredited "Certified Digital Wellness Educator" program, an educational impact partnership with the 2-time Emmy award-winning documentary, *The Social Dilemma*, and two internationally renowned universities.

Hersher serves as a lead teacher and curriculum developer at The Digital Wellness Institute, sits on the advisory boards of two adolescent-focused Digital Wellness organizations, and was recently asked to serve on The Workplace Wellbeing Initiative Task Force at The Global Wellness Institute. She holds additional credentials including Oasis in the Overwhelm Facilitator, Teen Outreach Program Facilitator, and Meditation Teacher, with which she focuses on corporate and youth programming.

Recent Features

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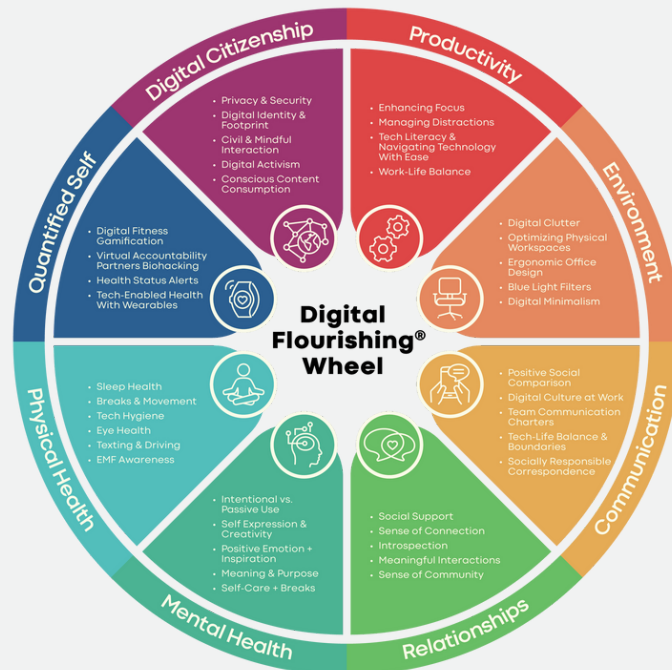
What is Digital Wellness?

Digital Wellness is the optimum state of health and well-being that each individual using technology is capable of achieving.

What Is The Digital Flourishing® Model?

A cutting-edge, evidence-based approach to digital habits, co-founded by Nina Hersher, MSW, and her team at The Digital Wellness Institute.

Digital Flourishing® refers to a mindful approach to digital technology usage that supports our thriving in different areas of life. This approach empowers us to take advantage of the benefits of technology while avoiding associated harms ranging from loss of productivity to tech-neck, and FOMO.



How is this used in keynotes and trainings?

Nina incorporates The Digital Flourishing® model into all of her trainings and presentations. Her highly sought after programming equips audiences with research-based strategies to personally achieve digital wellness, as well as teach it to their teams and families – creating a positive digital culture far and wide.

TALK MENU

Navigating The Great Indoors Workshop Series

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PART 1: ENVIRONMENT

The Healthy Remote Worker: Transforming All Spaces into Productive Places

In the first workshop of the "Navigating The Great Indoors" series, participants will be guided on how to set up a remote office or working area that fosters both productivity and wellness. This session focuses on key characteristics of environments that support effective digital communication, focus, and physical health.

Key Learning Objectives:

- Activate technostress resilience techniques to combat the impacts of screen time.
- Identify and address key mental health challenges associated with hybrid and remote work.
- Strategically differentiate work and living spaces for better sleep health.
- Create a work setup that supports ergonomics, reduced physical strain and enhances productivity.



PART 2: COMMUNICATION

Digital Harmony: Mastering Virtual Communication with Teams

The second workshop in the series addresses the unique challenges of communicating effectively in virtual environments. It equips participants with the skills needed to overcome common pain points of remote work communication, enhance team engagement, and foster wellbeing on digital platforms.

Learning Outcomes:

- Implement strategies to overcome distraction and improve engagement in virtual meetings.
- Enhance video call interactions by understanding and applying principles of psychological distance and eye contact.
- Learn techniques to prevent and manage zoom fatigue.
- Master the art of digital empathy for positive digital workplace cultures.



PART 3: PHYSICAL HEALTH

From Screen Time to Green Time: Nurturing Body and Mind in the Digital Age

The final workshop in the series focuses on integrating physical activity and breaks into daily work routines to combat technostress and enhance overall wellbeing. It provides practical techniques for reducing eye strain, identifying and releasing areas of tech tension, and creating a workday rhythm that leaves both body and mind feeling refreshed.

Learning Outcomes:

- Integrate short, effective movement breaks into the workday to harness the power of natural circadian rhythms, positively impacting engagement and flow with your work.
- Incorporate ocular health practices to prevent eye strain and address screen fatigue
- Implement mindful eating strategies that align with remote work schedules to improve digestion
- Foster habits that activate restorative sleep patterns and enhance cognitive bandwidth

Online Oxygen: Your Guide to Digital Resilience

You may be wondering – how can my relationship with technology be healthier? How can I optimize my digital habits for better productivity, mental health, and communication? You're in the right place! With the shift to hybrid and remote work, many of us have spent more time on tech than ever before, and have learned a myriad of lessons about the connective nature of our devices. While they allow us to bridge distances, time zones, and can bring us together – we also acknowledge that devices can be an obstacle to self-care, stillness, and introspection as the rapid-fire urgency of the digital world beckons.

Join us as we discuss navigating this balance and making the most out of your tech time in an era of hybrid and remote work.

Learning Outcomes:

- Activate best practices in digital productivity and communication.
- Become a change agent in creating and sustaining positive digital practices at home and work.
- Prevent and recover from sensory overload and digital overwhelm to support mental health.
- Positively shift your habits with your devices to fuel vs. fatigue you.

Achieving Digital Harmony: Empowering Families in a Wired World

In today's fast-paced digital era, parents and children alike are navigating an increasingly complex web of online interactions, screen time, and digital distractions. As families strive to find a balance between staying connected and maintaining a healthy digital diet, the need for practical strategies and mindful habits has never been more critical. Leave with a toolkit of strategies and practices to implement in your daily family life, turning digital challenges into opportunities for connection and learning. Designed for busy parents in the modern world, this workshop is more than just a learning experience – it's a movement towards creating a harmonious digital life for you and your children. Together, we can transform the way our families interact with technology, building a foundation of digital wellness that supports our children's future in an always-connected world.

Learning Outcomes:

- **Craft a Family Digital Philosophy:** Establish a shared understanding and set of guidelines on tech use that aligns with your family's values, promoting a healthy relationship with devices.
- **Master Mindful Tech Habits:** Discover techniques to help your family use technology intentionally, ensuring digital interactions enhance rather than detract from quality time.
- **Protect Mental Health in a Digital Age:** Learn strategies to shield children from digital overwhelm, digital fatigue, and sensory overload, fostering resilience and promoting positive online experiences among peers.
- **Balance Screen Time with Green Time:** Integrate activities that encourage offline exploration, creativity, and physical activity, reducing reliance on screens for entertainment and engagement.

BOOK TODAY

“Digital wellness is no longer a luxury; it's a lifestyle necessity. People are in urgent need of resources to support their wellbeing in this era of constant connectivity.

Nina Hersher

Keynote Speaker

Chief Learning Officer, DWI



[Submit a Booking Request](#)

or contact nina@digitalwellnessinstitute.com
Availability is limited. Reserve Nina for your next event.



CLIENT TESTIMONIALS



Mar Cabra

Pulitzer Prize Winning Journalist

Nina is one of the key leaders in the world of digital wellness and is an inspirational speaker. Drawing from her own personal experience and knowledge, she embodies what she preaches: that it's possible to have a healthier relationship with technology. She's relatable and humble, as well as empathetic and engaging. Nina is superb at creating non-judgemental spaces where everybody feels welcome to participate. With her calm energy, she has an incredible ability to see the potential of each person and empower them to be their best.



Elizabeth Harmon

VP Human Resources

We had the pleasure of working with Nina just recently for a training on remote work skills for flourishing in a virtual environment – a major reality for many employers now! She customized the training to our company and current pain points, making the content relatable and impactful. Nina is a highly engaging trainer and kept our employees attention with ease. We had our highest level of engagement and participation in our training with Nina. Can't wait to partner with her on future learning events!



Lawrence Ampofo

Founder, Digital Wellbeing Festival

Nina was a fantastic addition to our speaker roster! For two years, Nina has educated, entertained and wowed our international audience. Nina combines deep knowledge of her topic with fantastic attention to detail and the poise to speak convincingly to expert audiences.



Jenifer Joy Madden

Author, The Durable Human

Nina has the rare ability not only to bring world-enhancing ideas to fruition, but also to spur others to spread them far and wide.