November 16, 2021
2:00pm -3:00pm PT

All CSU Staff & Faculty are invited to attend this free webcast via this link: https://calstate.adobeconnect.com/CGT

Digital Nutrition

DEGUILT YOUR TECH-USE AND OPTIMIZE YOUR DIGITAL WELLBEING

The tech genie is out of the bottle and learning to master our tech habits is a modern-day skill rarely effectively taught in schools or colleges. Digital Nutrition is about intentional and intelligent use of devices and the conscious consumption of news, media and information. Learn how to apply the Digital Nutrition philosophy and use the analogy with food to rethink the way we approach digital wellbeing. This is a positive, proactive, guilt and shame-free way to amplify the best parts of what the digital era can offer.

About Jocelyn Brewer

Jocelyn is a Sydney-based psychologist with a special interest in the psychology of technology and staying human in a digital age. She created Digital Nutrition in 2013 as a positive framework for addressing digital wellbeing issues and our love-hate relationship with technology. In addition to her private psychology practice, Jocelyn is a sought-after speaker, educator and media commentator on issues relation to cyberpsychology, digital well-being and mental health. Her work helps to transform the wellbeing culture of organizations with a range of strategies to develop healthy digital habits, tap into authentic productivity hacks and prioritize balanced, meaningful choices, both online and off.