



Dealing with Technoference





Technoference – Some Stats:

- Between 2000 and 2018, we've seen the largest technological advances, arguably, at any point in the last 100 years.
- 79% of adults use the Internet every day.
- 47% of those adults use at least 1 social networking site daily.
- 62% of women say **technology** *interferes* with their leisure time with their significant other.



Technoference – The GOOD!

- Instant access to information!
- Instant communication system.
- We can connect with anyone, anywhere in the world.
- We now have access to metadata we never did before...but, so does everyone else.



Technoference – The Not-So-Good

- Does having access to all of this information make us smarter?
- We have more apps/tools than ever, but are we more productive?
- We are connecting more, but are we connecting in more meaningful ways?
- What about big brother – Google, Amazon, Facebook...Others?
- Is technology interfering with your relationships – family, colleagues, customers?





Nomophobia – Do you have it?

- In 2012 73% of adults said they would feel panicked if they lost their phones. How much do you think that has increased in the past 7 years?
- Do you hear your phone ring when it isn't?
- Do you feel it vibrate when it isn't? And when it's not with you?!
- Do you often expect immediate gratification?
- Do you reach for your phone to avoid eye contact with others?



Technology Balance – 4 Tips

1. Set aside time each day where technology is off limits.
2. Establish guidelines for what and when technology is acceptable.
3. Check your tech usage.
4. Take some breaks from tech with those closest too you.



Technology Balance – Take Time To Reflect

- ✓ Are you spending more time on your phone than talking to other people?
- ✓ Has someone had to tell you to put your phone down to complete a conversation?
- ✓ Has your use of technology caused a break in a relationship?



THANK YOU!

