

CREATE A CULTURE OF DIGITAL WELLBEING.

Understanding how to create a culture of digital wellness is a great way to reduce stress in the workplace. Taking time to see how Smartphones and screen time impact the emotion and mood of your team can have a major impact on the health of your organization.

Fostering digital wellness can lead to better relationships, more satisfaction at work, and a reduction in employee burnout. In Mark's uplifting talk, he'll explore how our devices impact the mind, body, & spirit and provide techniques to improve the digital wellbeing of your organization.

"Mark's message was an audience favorite!"



BlueCross BlueShield

"Felt just like a TED talk."



"Packed with powerful insights & takeaways."



"Mark is a powerful and entertaining speaker. He's a terrific addition to any event!"



"An inspiring message for our connected culture."



"Thought-provoking & funny!"



"We've had Mark speak for 3 straight years!"



About Mark

A man of many interests and a wellspring of energy, Skidmore Studio's Mark Ostach is on a mission to motivate people to become the best possible version of themselves.

With degrees in psychology, technology, and even had a short stint at massage therapy school, Mark is determined to remind the world that human connection is the most powerful connection we have.



BOOK MARK FOR YOUR NEXT EVENT! MarkOstach.com | mark@mymentalspace.com