

# 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. See how smartphones and screen time can influence the emotions of your team and 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."*



BLUEWATER

AMROCK

*"Packed with powerful insights & takeaways."*

nielsen

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



CRANBROOK

*"An inspiring message for our connected culture."*



*"Thought-provoking & funny!"*



WALSH COLLEGE

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

KENSINGTON CHURCH

TEDxOaklandUniversity



## 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.

CRAIN'S  
twenty in their  
20s



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