



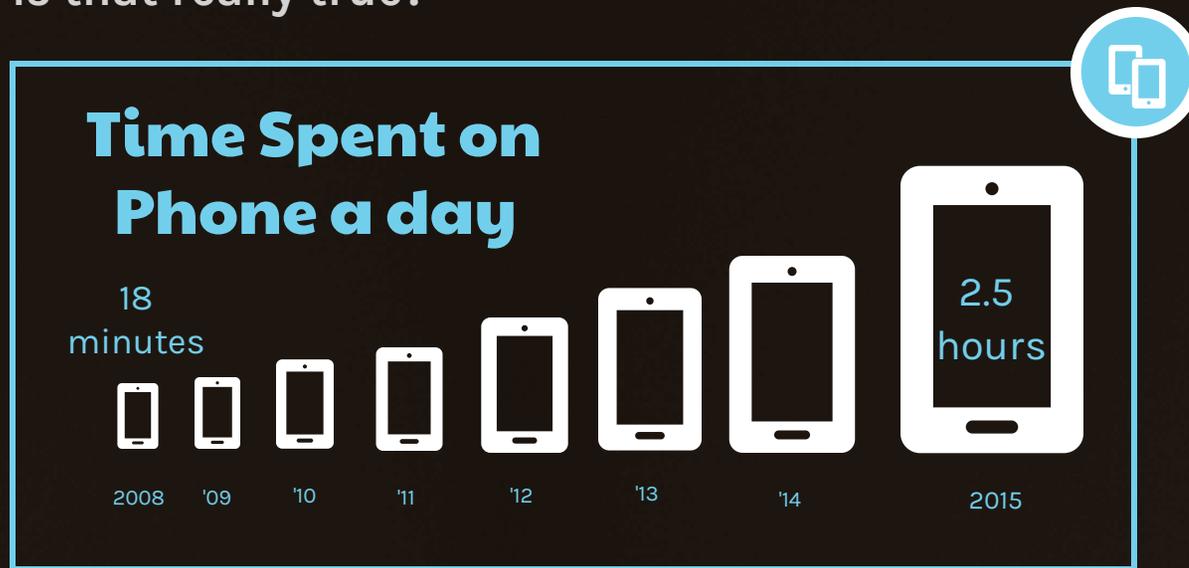
discover  
digital  
**balance**

# TECHWELL

Technology is just a tool.  
It's how we use it that makes the difference.



Technology has been called the greatest disruptor of human happiness.  
Is that really true?

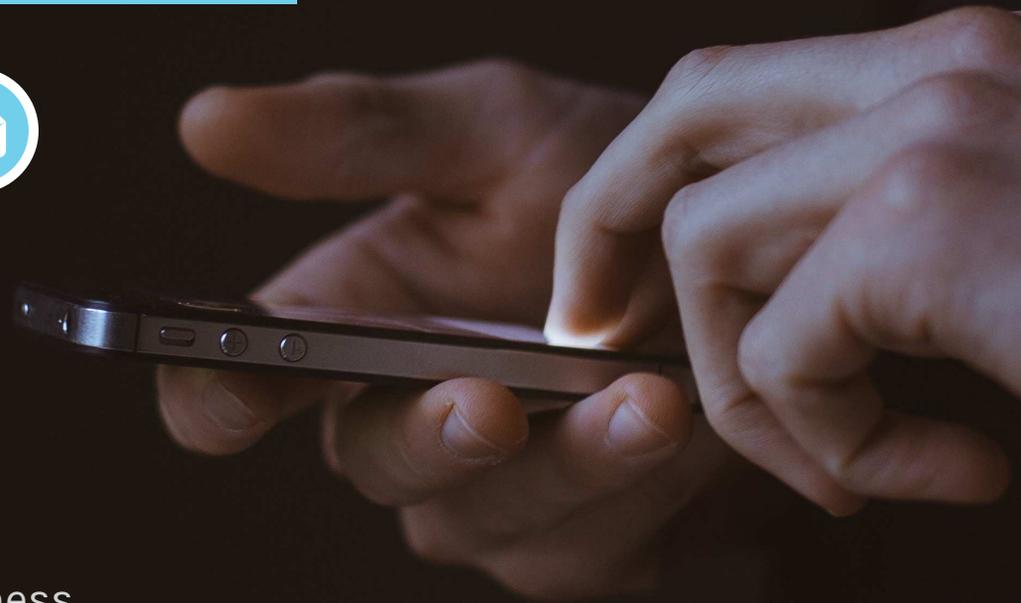


**We check email**

**36x**

**per hour**

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It doesn't have to be. The future of happiness starts with what we do in the present.  
If we want a future that is different tomorrow, then we must do something about it today.



### Reset

Take a step away from the distractions of daily life to find your balance in the digital era.



### Renew

Learn strategies for increasing mindfulness and staying grounded in our ever-changing world.



### Rethink

Participate in a live research study and gain insight into how technology may be shaping your health and happiness.



### Refocus

Identify danger zones where your willpower is weakest and learn the behaviors that will help you flourish.

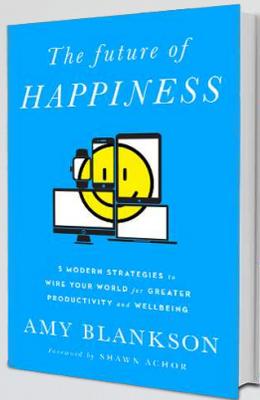


### Redesign

Tech can be fun! Make a plan for sustaining positive change upon returning to work and home life.



Tech is here to stay. With a little help,  
we can foster it for immense  
happiness.



The TechWell Retreat is facilitated by Amy Blankson, best-selling author of *The Future of Happiness: Five Modern Strategies for Balancing Productivity and Well-Being in the Digital Era*.

With over 10 years in positive psychology, Amy is the world's leading expert in helping organizations and individuals find tech balance by identifying its best and highest use.

The technological revolution needs a dose of reality. Take time out to hit the pause button long enough to redesign your digital life.

Amy works with some of the world's best brands.





# The world's best classroom

Hosted at the Zermatt Resort in the gorgeous Rocky Mountains. The TechWell retreat offers unparalleled classroom training as well as world-class experiences—designed to engage your mind and create new tech behaviors for the office and at home.

- **World's Longest water Zipline**
- **Yoga in 96 degree water crater**
- **Drone obstacle course**
- **ATV adventure**



ZERMATT  UTAH  
be inspired



"Leaders are overwhelmed,  
distracted, and desperate for  
answers."

-Amy Blankson

**Reserve now.**  
Space is very limited.

### Retreat Dates (2018)

- September 27-28
- Or by corporate grouping



**\$2495** Per person. All inclusive.  
(Includes food, room, and TechWell  
experience.)



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