Wellness in the Digital Revolution

Description: In this episode of The Forward Thinking podcast, host Jean Cantey Segal, Chief Learning Officer, FCCS, is joined by Scott Klososky, Founding Partner, FPOV and Annette Klososky, Founding Partner, Senior C-Suite and Executive Leadership Consultant, FPOV. Together Scott and Annette lead Future Point of View (FPOV), a prominent technology strategy firm that focuses on helping organizations leverage and transform their technology and talent to create a competitive advantage. As an affiliate consultant in the FCCS Consulting Network, FPOV has had a strong presence at many of our conferences and strategic projects for many years. Their conversation today is centered around the impact that technology has on human beings and building a positive digital culture amidst the increased integration of technology in every aspect of our lives.

Episode Insights Include:

Defining digital wellness

+ Digital wellness is the optimal state of health and wellness for people who use technology.
+ Digital wellness focuses on the balance between productivity and health and wellness.
+ Pandemic-induced "Zoom fatigue", for many of us, was only the tip of the iceberg of the impact that interacting with machines has on us.
+ Increased digital interactions have decreased our ability to set reasonable boundaries on our productivity limits.

The impact of technology on relationships

+ While technology allows us to stay connected with people, it also can be distracting and damaging to the people that are most important to us.
+ Consider how you can use technology as a blessing in relationships and how you can limit your use of technology when it is injuring your relationships.
+ Work and personal interruptions from our phones are self-inflicted, and deserve revised consideration.
+ Awareness and balance are key to finding the balance between digital efficiency and building relationships with humans.

How to improve technology use
+ Set boundaries to identify the reasonable limits of what you can and should accomplish within a set time period digitally.
+ Identify when and if the apps you use are a better choice than face-to-face interactions.
+ Focus more on productivity and less on hours at the computer.
+ Start your day off with intentional screen usage.

The impact of technology on careers
+ While technology creates more opportunities for productivity and connection, it can also be incredibly draining.
+ A machine is not empathetic and doesn't have the ability to inspire you, only humans can do that.
+ Learning new technology skills is a critical part of careers at every level today, including C-suite leaders.

How can leaders create a more positive digital culture?
+ The behavior a leader models says everything about what they consider to be appropriate digital use.
+ Ask your team where they see the culture doesn't match the values of the company.
+ Perception is reality — ask for feedback and then let people help create the culture they want to see.
+ Leaders need to use the technology they expect their team to use.
+ Digital culture has to change moving forward, and effective leaders have to change with it.

This podcast is powered by FCCS.

Resources

For more information about the Digital Wellness Institute,
go to https://www.digitalwellnessinstitute.com/.

Get in touch

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