

OUR MISSION

Balanced, intentional device use **for everyone.**

Award-winning digital self-empowerment training and open-source focus tools, built on 10+ years of peer-reviewed research at the University of Oxford.

Centre for Digital Habits is a **not-for-profit organisation** accelerating a transition to a healthier digital future for all.

“The Design for Life workshop is one of the most impactful wellbeing interventions I have encountered. As both a participant and facilitator, I have been inspired by the tangible impact it has on the communities universities serve.”

JOZEF SEN, HEAD OF COUNSELLING SERVICES,
UNIVERSITY OF LEEDS

OUR TEAM



Dr Ulrik Lyngs

Computer scientist & cognitive psychologist, Research Fellow at the University of Oxford Research Representative on Denmark's national Media Council for Children & Youth



Maureen Freed

Mental health consultant at the Rhodes Trust Former Deputy Head of the University of Oxford Counselling Service



Professor Konrad Kollnig

Computer scientist & professor, Maastricht University's Law & Tech Lab and author of *The App Economy* (Bristol University Press)

QUESTIONS

team@digitalhabits.org

LEARN MORE

digitalhabits.org

INSTITUTIONAL CERTIFICATION

One course. A full year of live sessions & focus tools for your institution.

Certifying local facilitators gives your institution access to our programme for one calendar year. This includes:



Unlimited live & online training

Deliver unlimited live training sessions to your students & staff. Full access to our self-paced platform for 24-7 learning and support.



Automated admin & impact evaluation

Run session and evaluate outcomes with zero effort. One-click scheduling and instant analysis of anonymous learning data.



Extensive support

All your students & staff can access hands-on support from us in our *Help! Café*. Facilitators get instant support from our team and our network of institutions on our monthly support call.



Institution-wide focus tool licences

Instant, cost-free access for your students & staff to research-backed tools to set their own digital boundaries and eliminate addictive features.

Annual certification refresher

Our annual 3-hour refresher course (online or in-person) keeps your certification up-to-date with the latest developments in tech, policy, and behaviour change research.

1

Teach

Your certified facilitator teaches digital focus strategies.

2

Implement

Participants try them using our built-in support and tools.

3

Evaluate

Facilitators evaluate outcomes and schedule further training sessions.

CENTRE FOR DIGITAL HABITS

Digital Wellbeing Training Backed by 10+ Years of Oxford Research



3,500+

participants in live sessions

30+

institutions worldwide

1.5+ hrs/day

saved time per participant

+58%*

ability to focus

Join our mission

and empower your students and staff to focus in a distracting digital world.



digitalhabits.org/course

*As measured by the Brief Digital Self-Control Scale, comparing score 1 month after vs before the ReDD workshop. digitalhabits.org/research

WHY CENTRE FOR DIGITAL HABITS EXISTS

Devices are essential — distraction shouldn't be the price.

Many students and staff in higher education struggle to use their devices without paying a heavy price: distraction that disrupts focus, sleep, and connection. Since 2019 we've refined our interventions & focus tools at the University of Oxford into practical steps that put people back in control.



9/10
say phones & computers
harm their productivity



1/4
say devices harm
their mental health

WHAT WE PROVIDE YOUR INSTITUTION

- ✓ **Always current with the latest tech & policy changes.**
We continuously monitor the landscape and update the content, so you can focus on supporting people.
- ✓ **Act fast on local needs.** Give support when it matters most with research-backed content ready to go.
- ✓ **Scale support without increasing headcount.**
Our programmes are designed to be easy to deliver, with fully automated admin and impact assessment.



WHO CAN BE A FACILITATOR?

- Student services & counselling
- IT support
- Librarians
- Student peer supporters
- Academic staff
- AND OTHERS

No technical background required — what matters is connecting well with your students and colleagues.

ALL YOU NEED FOR BETTER DIGITAL HABITS

A simple, proven path.

Our training sessions build digital competency in a format refined through years of continuous development.

FORMATS FOR THE TRAINING SESSIONS

Design for Life
WORKSHOP
90–120 MIN

Reflect, explore & implement long-term solutions for daily digital life.

Deep Work
WORKSHOP
60 MIN

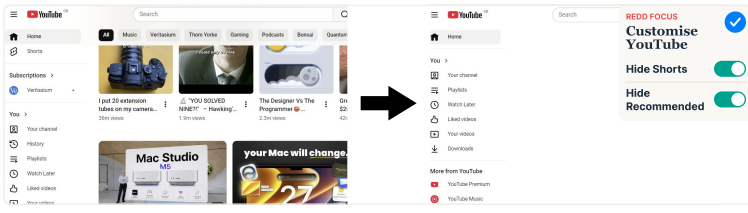
Dial up focus and productivity, e.g., ahead of key deadlines/exams.

Studio
ASYNCHRONOUS
E-LEARNING

All learning steps, online 24-7. Use standalone or in combination with live sessions.

WHAT ARE DIGITAL FOCUS TOOLS?

Digital focus tools can restructure digital environments, e.g., blocking apps at set hours, removing addictive features, or surfacing reminders of our intentions.



Example: controlling the appearance of web pages.
Here: hiding YouTube Shorts & recommendations.

We maintain a large, curated selection of research-backed solutions (digitalhabits.org/tools), and build our open-source tools, making it easy and safe to redesign digital life:



Digital Habits: Blocker
App & site blocker that lets the user set how hard it is to turn off.



Digital Habits: Focus
Remove addictive digital features. E.g., no Shorts on YouTube.



Digital Habits: To-Do
Always-visible task reminders to stop rabbit holing.



Digital Habits: Phone-Free 2FA
Get 2FA on computer so the phone can be put away.

THE CERTIFICATION COURSE

Prepare, then practice.

In the facilitator course, you first experience the *Design for Life* workshop as a participant. Afterwards, you learn the background research, and how to master digital focus tools in your own digital life. Finally, you rehearse delivery to others — from initial table reads to full-fidelity practice runs on day two.

- Day 1** PREPARE
- 09:00

Welcome & demo workshop
- 11:00

Background & discussion
- 12:30

Lunch
- 13:30

Digital focus tools 101
- 15:00

Design for Life Facilitation 101
- 16:00

Get ready: table read

- Day 2** PRACTICE
- 09:00

Digital focus tools 102
- 10:30

Facilitation practice I
- 12:30

Lunch
- 13:30

Design for Life Facilitation 102
- 14:15

Facilitation practice II
- 16:00

Q&A + certification

OPTIONAL ADD-ON DAY

Deep Work & digital wellbeing talk training.
An extra course day (can be completed at a later stage) certifies you to facilitate the 1-hour Deep Work workshop, in addition to giving short digital wellbeing talks.

BRING

 Laptop with PowerPoint

 Your phone & everyday devices

 Curiosity & willingness to practice