



Project Reboot

3-Day Digital Wellness Workshop

Reset your relationship with technology. Reduce your screen time. Build healthy digital habits.

[Santa Barbara Mental Wellness Center](#) | August 8-10th, 9am-11am | dino@projectreboot.school

Developed at UC Berkeley. Tested by 60+ Students.

Project Reboot has been taught as a semester-length course at UC Berkeley. The Mental Wellness Center workshop is the first time Project Reboot has been made available to the public.



Curriculum

Students clarify how they want to engage with their devices and receive resources and accountability mechanisms to help them stick to their intentions



Information

Learn about the neuroscience behind smartphone addictions, the business model of social media apps, and the science of habit change



Action

Analyze your screen time, determine how you want to use social media, and reconfigure your devices to promote intentional use



Community

Discuss your tech habits and share your intentions with peers that will hold you accountable

Testimonials

The average Project Reboot student reduces their screen time by over 3 hours per day

"A must-take course if you want to utilize technology to improve your life."

"I now have time to do the things I actually want to do now that I'm not wasting 5+ hours a day on my phone."

"I've noticed a significant increase in my awareness of how I'm using technology and what I'm using it for, which has translated to being much more mindful in my day to day life. I have no doubt that Project Reboot is going to have a significant impact on anyone who takes it."

"To say this course has life changing potential would be an understatement"

Project Reboot will not just change your relationship with devices, it will set you up to achieve as much as possible in a balanced, healthy manner for the rest of your career."

20 seats are available. Students must be in high school or college. Registration is free (\$250 donation recommended at end of workshop).

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