**Digital Detox  
  
Facilitator: Leslie Shoemaker**

Are you aware the average person spends almost half of their waking time in front of a screen of some sort? Have you ever considered the impact this has on you and the people in your life? The purpose of this session is to examine our relationship with technology and to look at the impact it has on our lives as well as reflect what can we can do if we do decide to do a digital detox

Leslie Shoemaker has been lecturing in TU Dublin for 18 years. In addition to her projects with the Students Learning With Communities office and her teaching duties, Leslie has developed and manages the ESTeEM mentoring initiative with the School of Computer Science and the School of Electrical and Electronic Engineering.  This new mentoring program is for all female students in these two Schools and the students are mentored by women from Arup, ESB, MasterCard, SAP and Schneider Electric who are currently working in the related industries.