

LISA STROHMAN

Founder and director, Technology Wellness Center

A few years ago, psychologist Lisa Strohman began to notice that her clients were experiencing interpersonal conflict related to the increasing use of social media and exposure to technology. As a result, they were losing touch with living in the present, so she started the Technology Wellness Center (www.technologywellnesscenter.com) to address the issues that children and families face in regards to 24/7 online access. The organization offers parents guidance, support and resources to help manage technology-related issues. Strohman's goal is to create awareness regarding the prevalence of technology in children's lives – and provide tools for parenting during a digital age.

Why do you do what you do? I am motivated to continue to dedicate my time, resources and heart to an issue that I see impacting so many people every day. I am naturally an empathic person – I can feel that the nature of people and how they connect is deteriorating. I do a lot of work with schools and organizations bringing awareness to this issue and I work with kids and parents. Making a difference, even one person at a time, makes all of the work that I do worthwhile.

Why is this cause so important? Technology wellness, with a focus on the positive aspects that technology can provide when it is used with balance, structure and understanding, is so important to learn. Parents need to recognize that

children can succumb to the addictive programming that gaming platforms and social media create, which prey upon our need for acceptance and love.

What would you like to be remembered for? I would like to be remembered as someone that passionately and soulfully cared about children and our community. That I did everything I could to help families keep their kids safe and to better understand the importance of developing interpersonal skills away from a screen or device.

Would you share a favorite memory about one of your children? One of my favorite moments was when my very smart and witty daughter reminded me of what is really important. One day I was racing to send an email that I was certain

was late, and she was trying to show me something she had learned at school. I asked her to wait until I was done, but she would not give up. Finally, she said, "Mom, is that email more important than me?" Hearing her words was a great reminder of the lessons I try to teach – it warmed my heart to hear this.

How do you plan on teaching your children about philanthropy? We try to instill in our children the importance of getting involved in community events that provide opportunities to give to others. We encourage them to each pick one cause where they can donate their time or participate in some way, and then we also pick an organization or event to adopt as a family. We want our kids to learn empathy and compassion.

