

Q: Are your Workshops & 1-on-1 Phone Habits coaching through Zoom, in-person, or hybrid?

A: Phone Habits workshoping and coaching is exclusively offered through Zoom. These programs provide plenty of opportunity for Q&A to maintain consistent coaching, accountability, and transparency.

Q: What exactly is included with workshops & 1-on-1 Phone Habits coaching?

A: I offer a structured, goal-based process to reduce unhealthy phone/social media usage and build sustainable routines—*especially* for mornings and evenings—using specific habit systems, strategies, boundaries, positive psychology, and replacement behaviors that fit YOUR life.

You'll get a clear weekly plan, guided tools for urges and stress, and a simple tracker so progress is *visible*. Monthly programs also include weekly group Zoom check-ins, and a reset plan so you can not only make changes, but keep them.

Q: Do we have to delete apps or practice a “digital detox”?

A: Not necessarily. My approach isn't about quitting your phone. It's about optimizing the relationship you have with your phone. We will implement strategies so you use your phone, not the other way around.

Q: What ages do you work with?

A: If you're old enough to know how to use a smart phone, I will work with you. The methods are simple, but the language and strategies are nuanced by age group; school and social life for teens, household agreements for parents, and focus/sleep/stress for adults. I've had dozens of collaborations with parents and families to help sustain a

Q: How do you measure progress with a program like this?

A: With a simple question. 'Do you feel your life is better as you've implemented these practices and disciplines with your phone?' Steve Harvey once said, 'Success is not how far you got, it's how far you've come from where you started.' With a few simple metrics—sleep quality, screen time patterns, reaching for your phone, and how often you follow your (evenings/mornings). We also track the real outcomes people care about: mood, focus, influence, being present in your life, etc.

Q: What's the first step if I'm interested?

A: At the top of the webpage, click 'Contact,' send me a message with your name, email, and a short message regarding what you're looking for, and we'll soon book a free 15 minute consultation to get an understanding of your goals!

You can also directly buy my ebook and/or book a 14-day or 4 week program directly from myphonehabits.com

Q: Do you work with people who experience ADHD/anxiety?

A: Of course. I've had several clients experiencing ADHD, anxiety, and other psychological hurdles. We focus on practical systems that reduce distraction and improve regulation, all while keeping it realistic, not perfectionist.

Q: What if I don't want to delete social media?

A: Totally fine. The goal isn't 'no phone,' it's 'intentional phone.' I've helped dozens of clients who use social media for their career, have a large following/community, and can't just walk away so easily. So, we'll get rid of what's not useful and we'll keep what's useful.

Q: What results can I expect?

A: I'm glad you asked!

Fewer phone grabs	Less mindless scrolling
Improved sleep	Stronger focus
Less anxiety	Less irritability and reactivity
A healthier sense of agency	More presence in relationships, etc.
Stronger emotional wellbeing	Less comparison/FOMO
Boost of productivity	Reduced procrastination
Better posture	Less headaches

The average Phone Habits client reports gaining an extra 2 hours or more in their day! That's 14 extra hours per week. And that's 56 extra hours per month!