

## #HumanHour | Cheat Sheet

So, you've pledged your commitment to getting human on August 15 but now you want to know how to go about rallying your peers or your workplace to get onboard. We've created a downloadable cheat sheet to help you start the conversation.

### Step 1 | Pose The Question

Imagine... if you had one hour dedicated to humanly connect? How would you spend it and with whom?

### Step 2 | State The Problem

We have never been more technologically connected, yet humanly disconnected. The erosion of human connection has been driven by the way we unconsciously engage with technology. What's disturbing about this growing trend is that we are diminishing the uniquely human skills that enable us to thrive in an unprecedented and uncertain era - think resilience, problem-solving, the ability to have difficult conversations, presence, focus, and overall wellbeing.

### Step 3 | Quote the facts

- Anxiety and overwhelm have reached epidemic proportions globally, and the rate of loneliness has more than doubled since the 1980s. Professionals and Gen Z have been hit hard.
- 60% of Australians report feeling lonely often, according to loneliness expert [Professor Holt-Lunstad](#). Just search #lonelyamerica to see how this disturbing trend is playing out globally.
- There's a rising level of intergenerational conflict. Digital natives Vs digital immigrants. Ageism is rife, especially in the employment space and millennial "bashing" is impacting our ability to empathise and collectively problem-solve.
- According to the work of [Cal Newport](#), we have created a generation that knows nothing except a constant state of distraction - programming our neural pathways permanently away from the ability to do focused work.
- The number of teens who spend [daily time with friends](#) dropped by 40% between 2000 and 2015.
- Rates of teen [depression and suicide have sky-rocketed](#) since 2011 and much of it is attributed to mobile phones.
- The next generation is the first to believe that they will be worse off than any other generation before them.

### Step 4 | Share #HumanHour

Without awareness, there can be no change. The intent of #HumanHour is to create a movement across business and community that says it's time to put care back into a world of technology. It's time to put humans first.

The concept is simple. On **Friday, 15 August 2019 globally** we will celebrate #HumanHour. Leading up to the event, we will encourage individuals, schools, and businesses to switch off in order to switch back on humanly. This means stepping away from or switching off the devices and computers and finding a random stranger to humanly connect with.

## #HumanHour | Cheat Sheet

### Step 5 | Share The Benefits

- Join a community of industry leaders and influencers who are leading the charge for a global movement to be more humanly connected
- Get recognised as a change-maker in your industry or amongst your peers for putting your people first in the world of technology
- Cultivate an environment of diversity, creative problem-solving, effective conversations, presence, and focus.

### Step 6 | Agree To The Plan

Go to [HumanHour.co](https://HumanHour.co) and take a look at ideas around what to do with #HumanHour. Agree with your peers how you will spend your hour and set a calendar reminder to make it happen. If you're part of a company, agree how you will share #HumanHour with the broader business and get them onboard.

### Step 7 | Take Action

Execute your plan. Share your commitment on social media so that others can join the movement. You can download shareable images [here](#). Remember to use hashtag #HumanHour

### Step 8 | Celebrate

Enjoy your #HumanHour

Feel free to use the following sample letters and emails to get your peers on board...

# #Human Hour | Cheat Sheet

## Sample Letters And Emails

### From Corporation/Business To Employees

Memo to All Employees of [COMPANY NAME] From [NAME OF CEO/CHAIRMAN]

On Friday, 15 August 2019, we will celebrate #HumanHour with organisations and communities from around the world. For one hour, we will be stepping away from or switching off devices and computers and finding a random stranger to humanly connect with. The intent of #HumanHour is to create a global movement across business and community that says it's time to put care back into a world of technology. It's time to put humans first.

I would like to invite each of you to celebrate #HumanHour with us. We have never been more technologically connected, yet humanly disconnected. The erosion of human connection has been driven by the way we unconsciously engage with technology. What's disturbing about this growing trend is that we are diminishing the uniquely human skills that enable us to thrive in an unprecedented and uncertain era - think resilience, problem-solving, the ability to have difficult conversations, presence, focus, and overall wellbeing.

From Twitter to Facebook, LinkedIn to Instagram, I encourage you to join the conversation and share how you plan to spend #HumanHour and with whom. Use hashtag #HumanHour. Learn more about what you can do and what others are doing on [HumanHour.co](https://www.humanhour.co). I look forward to celebrating #HumanHour with you on 15 August 2019.

Sincerely,

[NAME OF SENDER]

[TITLE]

[NAME OF COMPANY]

# #Human Hour | Cheat Sheet

## Sample Letters And Emails

### From Employee To Employee

Dear [NAME OF WORK COLLEAGUE],

On Friday, 15 August 2019, [YOUR COMPANY NAME] will celebrate #HumanHour with organisations and communities from around the world. For one hour, we will be stepping away from or switching off devices and computers and finding a random stranger to humanly connect with. The intent of #HumanHour is to create a global movement across business and community that says it's time to put care back into a world of technology. It's time to put humans first.

By participating in #HumanHour, [YOUR COMPANY NAME] is joining a community of industry leaders and influencers who are leading the charge for a global movement to be more humanly connected. I would like to invite you, as a valued colleague, to join me and other staff members in putting people first in the world of technology, and cultivating an environment of diversity, creative problem-solving, effective conversations, presence, and focus.

From Twitter to Facebook, LinkedIn to Instagram, I encourage you to join the conversation and share how you plan to spend #HumanHour and with whom. Use hashtag **#HumanHour**. Learn more about what you can do and what others are doing on [HumanHour.co](https://www.humanhour.co). I look forward to celebrating #HumanHour with you on 15 August 2019.

Sincerely,

[YOUR NAME]