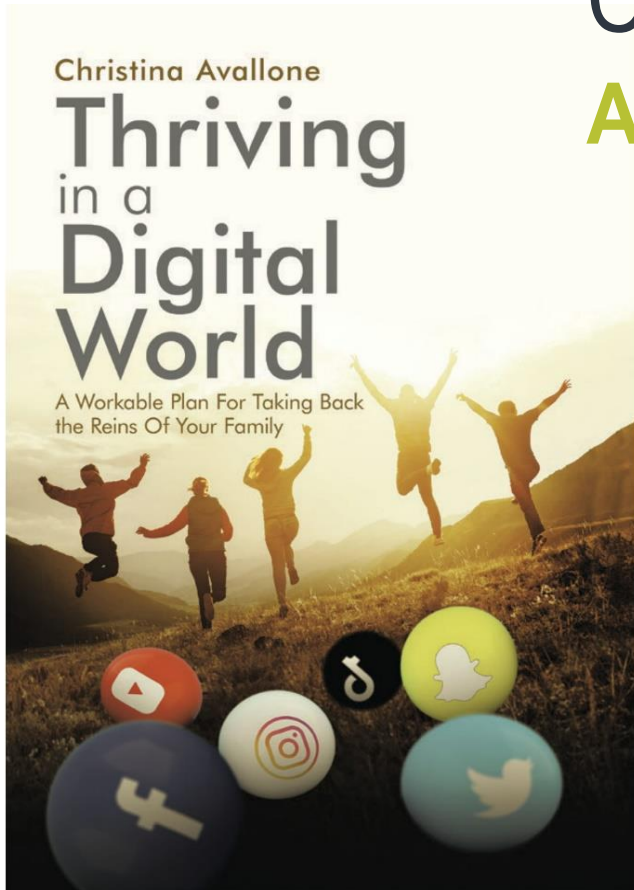


# Christina Avallone, M.B.A.

## Advocate, Author, Speaker



### Thriving in a Digital World

- **LIVING in a TECH-OBSSESSED SOCIAL MEDIA WORLD is TOUGH**  
What limits do you put on it?  
Is it safe?  
Why can't we put our phones down?
- **GAIN VALUABLE INSIGHT**  
Learn how to balance technology with everyday living  
Take the Reins Back
- **Get Armed**  
You will not only be armed with statistics but with the tools needed to help.  
Grab this message of hope

### Technology is not inherently bad – it's the misuse and overuse Take the Reins Back

Christina Avallone is a mom and educator. She has lived and parented through some of the most significant technological changes in the history of the world. She chose to leave a successful, corporate career and stay at home with her children. During this time, she began teaching a class called, Parenting in a Digital World. Her passion for years has been to articulate an actionable plan and encourage parents, grandparents, teachers, coaches, mentors, and even older siblings to help their families get out from under the control of Surveillance Capitalism and break the addiction of technology.

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