

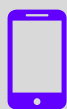


Ian

McCready

Tech Executive & Digital Habit Coach

Ian is the Head of Product for a mid-size fintech company, but he used to be gaming 12-14 hours a day before he quit games. After his experience, he founded Selfctrl, a non-profit focused on helping youth and adults build self-control around tech. He's coached teams at Tyson foods, Chick-fil-a, State and local Government, multi-campus churches, universities, and many more.



Services

Conference Keynotes on Healthy Workplaces

Workshops for Managers and Employees:
Managing Gen Z & Tech Addiction
Peak Productivity: Removing Distractions

Cohorts & 1-to-1 Coaching on Digital Habits



Reviews

"In my 40 year career, that was the best training I have ever been to out of any conference or professional development."

- Central Middle School Teacher

"I quit TikTok while Ian was speaking."

- Gen Z Employee



Alleviate KITE STRING



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