



Nina Hersher, M.S.W.

**Founder
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Nina Hersher is a globally recognized thought leader and highly sought-after speaker at the intersection of technology and wellness. She holds an M.S.W. degree, specializing in digital culture and program development, and is the Founder of the Digital Resilience Lab, home of the Digital Resilience Certificate Program. This program equips educators and health professionals with actionable strategies to address screen-related health challenges like insomnia, burnout, and nervous system dysregulation. Her work empowers diverse audiences to navigate the stresses of digital transformation, ensuring they can support clients, teams, and families in an increasingly tech-driven world. Hersher co-founded Annual Digital Wellness Day, a global initiative that has reached over 17 million people in 64 countries and, in 2024, featured participation from the U.S. Surgeon General. Her work has been featured in Forbes, The Stanford Social Innovation Review, Al Jazeera, and Voice of America. Recent engagements include Kripalu, The King Abdulaziz Center, corporations from McKesson to Spotify, and Dolby. A pioneer in digital mindfulness and modern stress, Hersher is also the co-founder and chief learning officer of the Digital Wellness Institute, where she has played a key role in shaping the field. Her contributions include co-founding the Digital Flourishing® wheel and approach, which led to the first scientifically validated survey measuring well-being in the digital era. She also spearheaded the development of the first nationally accredited Certified Digital Wellness Educator program through an educational impact partnership with the Emmy Award-winning documentary, The Social Dilemma. She serves on the advisory boards of multiple digital wellness and AI mental health-focused organizations and recently contributed to The Workplace Wellbeing Initiative at The Global Wellness Institute. She holds additional credentials as an Oasis in the Overwhelm Facilitator, Teen Outreach Program Facilitator, and Meditation Teacher, bringing her expertise to transformative programs that empower individuals and organizations across industries and generations.