PATTIE BELLE Hastings



Speaker
Facilitator
Author
Educator

Protect Attention. Spark Innovation. Lead Humanly.

Pattie Belle Hastings helps leaders, teams, and campuses reclaim their attention and put it to work pursuing problems worth solving.

Signature Topics

Technology Detox: Unplug to Recharge
Digital overload is quietly draining focus, creativity and wellbeing. Using her U.N.P.L.U.G. framework and the 30 Days of Less Tech program, Pattie Belle helps groups build realistic boundaries, better meeting norms and protected deep-work time. No tech-shaming, no blanket bans.

Design Thinking: Fun, Fast and Actionable
A hands-on journey through Empathize, Define, Ideate, Prototype and Test, applied to a real challenge. Teams leave with a tested idea, a shared language for innovation and tools they can use Monday morning.

Innovation Sprints: From Concept to Execution
Based on Google Ventures' Design Sprint and her book *The Sprint Handbook*, this training teaches teams to align fast, test before they invest and run their own sprints.

Formats: Interactive keynotes · Half-day and full-day workshops · Multi-day sprints · 30-day programs · In person across the US or experiential virtual

Why Organizers Book Pattie Belle

- **High participation, never a slide coma:** Audiences sketch, build, move, and decide.
- **Practical outcomes:** People leave with agreements, prototypes, and next steps.
- **Research-rooted:** Decades studying how people live and work with technology, including a Fulbright in Oslo on mobile design.

Ready to make creative problem solving your competitive advantage? Let's do this.

mindfulmarks.com

Let's Talk!

Brief Bio

Pattie Belle Hastings is founder of Mindful Marks and Professor of Interactive Media + Design at Quinnipiac University, where she is an **M&T Bank Center for Innovation & Entrepreneurship Faculty Fellow**. A **Fulbright Scholar**, she is the author of ***The Sprint Handbook* (2024) and the *30 Days of Less Tech Workbook***, and creator of the **U.N.P.L.U.G. Technology Detox framework**. She pitched at the 2025 Yale Innovation Summit and holds a BFA and an MFA in Visual Art + Design.

What Makes Pattie Belle Different?

Unconventional Approach: She doesn't just facilitate Design Thinking—she lives it. Her workshops are interactive, hands-on, and deeply engaging (no boring PowerPoints here!).

Play Meets Strategy: Passionate about creativity, play, and embodiment, Pattie Belle infuses her work with lively exercises, unexpected insights, and practical tools that shift mindsets and drive real results.

Mindfulness & Innovation: She believes clarity fuels creativity. As a longtime practitioner of meditation and digital detox strategies, she helps teams quiet the noise, focus deeply, and create breakthrough ideas.

Proven Track Record: From corporate teams to startups, universities, and nonprofits, she has helped hundreds of leaders and organizations think, work, and innovate smarter.

Selected Clients and Stages
Guggenheim · Yale University · Pfizer · IBM · LeadingAge Massachusetts · Yale Center for British Art · The Sprint: Asia's Biggest Design Thinking Summit · Teachers College, Columbia University

Let's Talk: pattiebelle@mindfulmarks.com

Book a Discovery Call: https://mindfulmarks.com/call