SHINE OFFLINE WEBINAR SERIES
Healthy management of digital behaviour during COVID-19 and beyond

We have developed a series of engaging, interactive webinars incorporating topics that are hyper-relevant to the digital challenges being faced in today's climate and beyond.

Employees who experience the programme will be empowered to **nurture positive digital habits** that support and enhance their professional and personal lives now and as we move forward into a 'new normal.'

The webinars, which can be delivered as **standalones or combined** to form a digital wellbeing and management programme, help businesses and their employees navigate and adapt to **new ways of working** that are beneficial to their **wellbeing, performance and collaboration**.

There are **interactive** and **non-interactive** versions available. The interactive is for up to 80 people and runs for 40 min to include Q&A. The non-interactive version is for an unlimited number of attendees and runs for 30 min.

There is an option for **aftercare content** with further materials to support behaviour change available for each webinar which can be emailed directly to participants or supplied to be hosted on client intranet.

For clients wishing to gain an insight to the impacts of learning and the experiences of their employees Shine Offline can distribute a **short, anonymous online survey** following the completion of webinars with both qualitative and quantitative questions, the findings of which will be collated into a report.

To discuss building a remote learning package to support your people drop us a line at **hello@shineoffline.com**

WEBINAR 1:
Understanding the pull of technology and how to take back control

Do you find yourself hopping from app to app or compulsively checking news or email? In this session Shine Offline will explain the neuroscience and psychology behind digital distraction, how digital products are designed to keep us hooked and how to identify the triggers driving our behaviours. Equipped with this new insight, you'll be encouraged to apply practical tools and make adjustments to rewire your relationship with technology and develop healthier digital habits.

WEBINAR 2:
Managing digital distractions for improved focus in an ever-changing world

Modern technology has the power and potential to make us more productive, to collaborate more effectively, to make life easier and create more time to do the things we love. The reality for many though is that life seems faster, post-pandemic work-related stress is rising and many of us find it hard to keep up with continuous demands on our attention. In this session we will delve deep into how we can tame our technology, regain control of our attention and put ourselves back in the driving seat so that technology can play a positive role in helping us thrive, inside work and out.

WEBINAR 3:
Always on? The importance of downtime and work life balance as we adjust to the 'new normal'

Life has never felt faster or more information rich - technology has allowed us to maximise every spare moment, keep up with the ever-changing world and never be bored again. But at what cost? In this session we will explore the link between rest and innovative thought, the importance of proper breaks in the day and how creating boundaries to protect your work life balance as a remote worker can lead to increased happiness, improved performance at work and better relationships.

WEBINAR 4:
Minimising tech stress and managing mental wellbeing in a digital age

During this global pandemic we have become increasingly reliant on our screens to manage all aspects of our personal and professional lives day and night. But it's not all upside: Shine Offline research has found that 84% of people report that their digital devices cause them stress and overwhelm. An inability to get away from work and have a true rest; Whatsapp, email or Zoom overload; unregulated news and social media consumption increasing anxiety in an uncertain world – the stresses technology creates are real and affect each of us in different ways. In this session we will explore how constant connectivity is related to stress, poor cognitive function and increased risk of burnout. We'll be sharing top tips to help you make the most of your technology in healthy and controlled ways whilst minimising tech-stress.

WEBINAR 5:
Minimising 'Zoom fatigue' and maximising collaboration whilst working remotely

Digital technology became our knight in shining armour as we were asked to bunker down and stay at home, but keep doing our jobs. However, adapting to these sudden changes has brought new challenges to employee wellbeing and productivity. Back-to-back video calls are common for many, and with it a new type of presenteeism has emerged with many feeling the pressure to be seen on screen all day, leaving little space for 'real' work. Recent research found the average employee is working an extra week a month in lockdown and stress levels have risen as a result. In this webinar we will address this new phenomenon of 'Zoom fatigue', explore why our brains can find excessive video calls exhausting and the importance of choosing the most appropriate form of communication and maximising its potential to foster strong relationships in this 'new way'.

WEBINAR 6:
How you can sleep better in an always-on world

Before the pandemic millions of us struggled to sleep well in a 24/7 connected world where the boundaries between night and day are eroded as we can keep working, watching, shopping, chatting and scrolling from our beds. Now, further disruption to our working and personal lives creates a host of new challenges, even for those who have not previously experienced insomnia. In this session learn about the science of sleep, its relationship to stress and its importance in a high-information, hyper-connected and uncertain world. Consider the bad habits that can leave us tired but wired and the adjustments to our digital behaviours, routines and environments to get a restful night's sleep even in these uncertain times.