Leadership and team digital wellbeing and management training

shine offline

We live in a digital age and the role and use of technology within businesses impacts company culture, employee engagement and wellbeing, and the bottom line. Offering business leaders and people managers an insight into the role they play in creating their organisation's digital workplace culture is a key element in empowering and supporting a workforce to nurture positive digital habits. Helping colleagues to understand the digital micro cultures that exist within their team is invaluable in creating the momentum for collective change and ensuring wellbeing, work life balance, collaboration and performance are maximised.

Our leadership and team programmes create the opportunity for key players within an organisation to examine and improve their individual and collective digital behaviours.

Your role as a leader in creating healthy digital workplace cultures

This session, tailored for individual businesses, equips business leaders and people managers to encourage positive digital habits amongst their workforce to improve performance, wellbeing, collaboration and work life balance.

The session will include:

- Insights from participants gathered through an anonymous attitudes and behaviours survey prior to the session
- Real life examples of positive changes people and organisations have made to digital behaviour
- Reflection on the role leaders play in creating the digital culture at work by modelling good digital habits
- Tangible, practical tools and tips that can be used at individual and team level to ensure professional and personal technology plays a positive and enhancing role
- Opportunity for people managers to share their current individual and team digital habits and intentions for change with each other
- A template for developing a digital wellbeing charter to encourage positive digital behaviour amongst employees
- Tailored aftercare sent to participants in the weeks following the session to support behaviour change

The power of the team to create healthy digital workplace cultures

This bespoke session drills down into the digital behaviours of a group of colleagues and equips them to work together to develop positive digital habits to improve performance, wellbeing, collaboration and work life balance.

The session will include:

- Insights from participants that are gathered through an anonymous attitudes and behaviours survey prior to the session
- Real life examples of positive changes teams have made to digital behaviour
- Reflection on role we all play in creating the digital culture at work and the power of modelling good digital habits
- Tangible, practical tools and tips that can be used at individual and team level to ensure professional and personal technology plays a positive and enhancing role
- Opportunity for colleagues to share their current individual and team digital habits and intentions for change with each other
- A template for developing a team digital norms catalogue that can be populated for use with colleagues to help create standard expected behaviours
- Tailored aftercare sent to participants in the weeks following the session to support behaviour change

"The session in August was a turning point for our team. Full of tangible tips and techniques we are still talking about it months later." **Manager, Transport for London**

"The programme was positively received by colleagues. I've personally made various changes to my digital habits and am feeling a host of benefits." **Business Lead, Crown Prosecution Service**