

Building healthy digital habits in today's always-on world – 60 minute interactive webinar



As the impact of the Coronavirus continues to unfold our relationships with our digital devices has changed. We have become more reliant than ever on technology to do our jobs and keep us connected to friends, colleagues and clients. The ever-changing nature of the pandemic's impact has resulted in many craving news and social media more than ever. As home-working becomes the norm the boundaries between working and personal life is blurred as our work technology is ever present.

This interactive webinar focuses on creating positive digital habits in this changing time to protect work life balance, mental health, relationships and help you perform at your best at this difficult time. Practical and uplifting, the session is based on research from the worlds of psychology and neuroscience and considers the impact of out of control management of digital technology on various aspects of daily life.

Topics include:

- ✓ adjusting to a hybrid working model comprising time at home and in the office and ensuring performance and collaboration are maximised
- ✓ creating hard edges to manage your work life balance and minimise overwhelm whilst working at home
- ✓ the importance of downtime and breaks from technology
- ✓ managing video calls and minimising 'zoom fatigue'
- ✓ maintaining meaningful connections when working remotely
- ✓ managing personal screen time including media consumption in healthy and controlled ways

Two aftercare emails support behaviour change and an anonymous feedback survey can establish how effective the learning was in empowering healthier digital habits amongst employees.

The session can be delivered as a standalone or form the first part of a digital wellbeing and management programme covering various issues concerning the out of control use of digital relevant to and employees.

To discuss how we can help your business and your people thrive as we navigate through these changing times email hello@shineoffline.com

Participant comments:

"Very timely and helpful with the changed situation. Your advice is invaluable."

"Could honestly not have come at a better time. Thank you so much."

"Practical tips, easy to access resources, good level of science, personal experience and interaction."

Participants agreed:

92% learning invaluable **95%** empowered to make changes **94%** their colleagues would benefit

