

INTRO TO DIGITAL WELLBEING

This practical and uplifting session empowers participants to create positive digital habits to protect work life balance, mental health, relationships and focus in a world where hybrid working is becoming the norm and we are more reliant on our digital technology than ever before. An ideal introduction to digital wellbeing and management to kick off a programme, this session also works well as a standalone



INTERACTIVE 60 MINUTE SESSION SUITABLE FOR EMPLOYEES AT ALL LEVELS

Building healthy digital habits in today's always on world

Session includes:

- Up to date research on current behaviours and evidence from the worlds of psychology and neuroscience
- Real life examples of positive changes people and organisations have made to digital behaviour and strategies to support flexible and hybrid working
- Tangible, practical tools and tips that can be used at individual and team level to ensure professional and personal technology is used in a sustainable, intentional way and plays a positive role
- Opportunity for participants to share their current digital habits and intentions for change
- An anonymous feedback survey which will gain insight into the digital habits of participants, intentions for change and the appetite for improvement and learning. This can also incorporate a poll of deep dive webinar options for employees to choose from
- 2 x tailored aftercare emails developed using insights from polling participants during the session delivered in the weeks following to support behaviour change
- A chance to return for a reflective session a few weeks later to share highs, lows, benefits and obstacles to change and learn from each other