MANAGEMENT PROGRAMME

This programme, tailored for individual businesses, empowers leaders and people managers to improve their own digital wellbeing and encourage positive digital habits amongst their workforce in the new hybrid world. The programme comprises of a 90 minute kick off session followed by a 75 minute reflective session 4–6 weeks later. The 90 minute kick off session 'Improving digital behaviours for you and your team' can also be run as a standalone session.

90 MIN KICK OFF SESSION

Improving digital behaviours for you and your team

Session includes:

- Insights from participants which are 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 and strategies to support flexible and hybrid working

- Reflection on the role managers play in creating a positive digital workplace culture by modelling good tech habits

- Tangible, practical tools and tips that can be used at individual and team level to ensure professional and personal technology plays a positive role

- A guide for developing team digital guidelines that can be used to help create standard expected behaviours and improved digital culture

- Opportunity for people managers to share their experiences and challenges, current individual and team digital habits and intentions for change with each other

- Tailored aftercare sent to participants in the weeks following the session to support behaviour change

- A feedback report created from pre-session insights survey, anonymous survey at close of session and results of interactive in-session polls. The report gives insight into how session has been received, current digital wellbeing, intentions for change and any further appetite for learning

75 MIN REFLECTIVE SESSION

Learning from each other to move towards a better digital workplace culture

The reflective session creates an opportunity for participants to come together 4–6 weeks later to share highs, lows, benefits and obstacles of adjusting digital behaviours.

Session includes:

- An anonymous pre-session survey sent to all participants to gain insight into their experiences in the weeks following the kick-off session. Findings are used to tailor the session

- A re-visit of the learnings from the kick-off session which participants can reflect and comment on following their own investigation into improving digital behaviours

- Specific focus on areas that have been identified in the anonymous survey that participants would welcome further support with

- The chance to learn from each other's successes, share insights into areas that benefited as a result and discuss ongoing challenges

- An impact report created from pre-session insights survey, anonymous survey at close of session and results of interactive in-session polls. The report gives insight into how session has been received, current digital wellbeing, intentions for change and any further appetite for learning