TEAMS

TEAM PROGRAMME

This bespoke programme drills down into the digital behaviours of a group of colleagues or a small business and equips them to openly communicate and work together to develop positive digital habits with the aim of improving performance, wellbeing, collaboration and work life balance. The programme comprises of a 90 minute kick off session and a 75 minute reflective session 4–6 weeks later. It is possible to run the 90 minute session as a standalone.

90 MIN KICK OFF SESSION

Working together to create a healthy digital culture in our team

Session includes:

- Insights from participants gathered through an anonymous digital behaviours survey prior to the session

- Reflection on role colleagues play in creating the digital culture at work, individual differences and the power of modelling good digital habits

- Real life examples of positive changes teams have made to digital behaviour and and strategies to support flexible and hybrid working

- Opportunities for colleagues to share existing individual and team digital habits and intentions for change with each other

- 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

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

- Tailored aftercare sent to participants in the weeks following the session to support individual and collective 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

Embedding the change to create a healthy digital culture in our team

The reflective session creates an opportunity for participants to come together 4–6 weeks later to reflect on experience.

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 colleagues 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 share successes, challenges and lessons learned and make collective intentions to ensure a healthier digital culture within their team

- 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