

# DEEP DIVE SESSIONS

Interactive 45 minute sessions

This series of interactive webinars has been developed specifically to address the challenges currently facing employees whose reliance on digital technology has changed due to hybrid working. The webinars are designed to be built into an integrated programme of learning following the foundation webinar, manager kick off and team kick off but can also be experienced as standalones. Informative and practical they increase awareness of today's digitised world on various elements of life and empower participants to make realistic, meaningful improvements to their digital behaviours.



## FOCUS

### Managing digital distractions for improved focus in an ever-changing world

This session examines the impact digital distractions have on our focus and performance and considers what we can do to regain control of our attention to ensure we are able to thrive and do our best work, whether working from home or at the office.

## DOWNTIME

### Always on? The importance of downtime and work life balance in a 24/7 world

In a world where 'always on' is the norm, this session considers the impact digital technology has had on work life balance, how rest and recovery are the foundations of positive mental health, and how proper downtime can boost professional performance.

## COLLABORATION

### Maximising collaboration and minimising digital overload when working in a remote, hybrid way

This session supports colleagues to maximise the digital technology available to them to communicate with each other whilst working in a hybrid way to ensure effective collaboration whilst minimising digital overwhelm.

## TECH STRESS

### Minimising tech stress and maximising mental wellbeing in a digital age

In this session we will explore how constant connectivity and poor digital habits are related to stress, poor cognitive function and the increased risk of burnout.



## SLEEP

### How you can sleep better in an always-on world

This session creates the opportunity to learn about the science of sleep, its relationship to stress and its importance in a high-information, hyper-connected and uncertain world.

## PSYCHOLOGY

### Understanding the pull of technology and how to take back control

This session empowers individuals to take better control of their technology by better understanding the factors that keep us connected 24/7.