

Combating Digital Fatigue

Aim

To assist today's workforce with combating Digital Fatigue.

What Others Had to Say About this Course...



A workshop focussed on the well being of everyone in the workforce

Who Should Attend this Course?

This course will benefit all staff working in a digital environment

Outcome

At the end of this workshop, the learner will be able to approach the reorganisation of their day and the way they currently perceive the requirements of a fast paced digital world with more balance, confidence and purpose.

Duration: 0,5-Days

Content

What is Digital Fatigue	<ul style="list-style-type: none">• Definition of Digital Fatigue• The effect of Digital Fatigue on our well being• The Science behind it• Benefits of addressing the challenges head on
Mindset Changes and Reorganisation	<ul style="list-style-type: none">• What is required to make a real change?• Assessing and Reorganising• Recognising Stress and Burnout
Practical Tools and Tips	<ul style="list-style-type: none">• Personal choices• Digital choices• Team choices• Preventing Overload• Recognising Stress and Burnout• Productivity Tools

