



Staff Training

Combating Digital Fatigue

Course Outline



Your business outcomes are our priority. Proving impact in real time.

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

Topic	Details
What is Digital Fatigue	• 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	• What is required to make a real change? • Assessing and Reorganising • Recognising Stress and Burnout
Practical Tools and Tips	• Personal choices • Digital choices • Team choices • Preventing Overload • Recognising Stress and Burnout • Productivity Tools

Optional Purchases

When ROI and Implementation Matter

At Staff Training, we understand that each individual and/or organisation has unique needs and goals. We have developed a range of valuable, but optional purchases to maximise your training outcomes:

SETA Accredited Training Options

Most of our workshops are aligned with SETA Accredited unit standards, or you can opt for the fully accredited version of your workshop choice. This includes a certificate of competence when successfully completed. All other certificates are certificates of attendance.

The Afterburner

Afterburners are additions to selected workshops. These continued learning courses include a re-cap of material covered during the workshop and continue to expand on both knowledge and skills development for the workplace.

Skills Check

Skills Checks are extremely useful in the measurement of ROI of soft skills training. This tool is structured to help the learner improve on the implementation of new skills through a goal-driven process of accountability and reflection.

LevelUp Coaching

A 2-hour, one-on-one coaching option for those who would like to address and build on the knowledge they gained during training. Converting theory into practice under the tutelage of an experienced coach.

PowerPath Coaching

A powerful investment into your future leaders. One-on-one leadership coaching with the globally acclaimed Enneagram as the self-mastery tool.

Staff Training is an accredited IEQ9 Provider. Our Enneagram offerings include a SETA Accredited version of a leadership development workshop as well as an emotional intelligence and Enneagram combination. You can also explore our specialist hybrid offerings of workshops and coaching below.

[Enneagram Group Coaching Journey](#)

[Enneagram: Insight to Action](#)