

RE-SET

Switch off and detox from digital

◆ ABOUT THE COURSE

Rest plays a critical role in strengthening the brain, enhancing learning and inspiring innovation. For many of us though, our idea of rest is watching Netflix or scrolling through Instagram. In fact, we now spend more time online than sleeping (Ofcom). We never allow ourselves to fully recharge and this has a profound impact on our wellbeing.

Work with us in this session to develop balanced behaviour around digital, as well as finding ways to prioritise and get better rest.

◆ SESSION AGENDA

01

Digital Overload

Explore how technology is affecting your focus, productivity, wellbeing and ability to switch off.

02

The Science of Attention

Understand what happens in the brain when we are constantly connected and interrupted.

03

Your Digital Habits

Reflect on your current relationship with technology and identify the habits that are helping or hindering you.

04

Setting Better Boundaries

Learn how to create healthier boundaries with technology both during and outside of work.

05

Improving Focus

Discover practical strategies for reducing distractions, improving concentration and working more effectively.

06

Creating Lasting Change

Develop a realistic plan to build healthier digital habits and maintain better balance over time.

◆ INTERACTIVE EXERCISES

The Frazzled Quiz

Assess your current digital habits and identify your biggest opportunities for change.

Digital Darlings and Demons

Decide which digital habit you'll change first and how you'll make it stick.

Focus Fixes

Choose practical techniques to reduce distractions and improve concentration.

Switch-Off Strategy

Plan small changes that will help you disconnect, recharge and maintain better boundaries.

◆ LEARNING OUTCOMES

- ◆ Develop practical strategies to reduce screen time and set healthier digital boundaries.
- ◆ Access a toolkit of mindfulness practices and alternative activities for relaxation and self-care.
- ◆ Learn how to cultivate a balanced, intentional relationship with technology.

FACILITATED SESSION

This is a facilitated, discussion-led workshop rather than a lecture. Your coach guides the group through practical exercises, encourages open discussion, and creates an engaging environment where participants can share experiences, challenge their thinking and learn from one another.