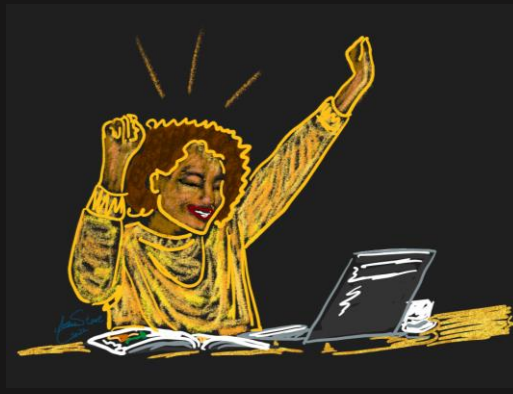


# Digital Wellbeing Workshop

Digital Wellbeing nurtures individual productivity, collaboration and an empathic culture.



## Why CloudWay

**CloudWay Experts lead the way.**

CloudWay's workshop facilitators are subject matter experts and thought leaders in the Microsoft 365 space, with years of experience deploying and teaching these technologies.



**Learn:** This may not be a brand new philosophy but it has a new level of importance and research makes it clear how **empathy** is the leadership competency to develop and demonstrate now and in the future of work as contributes to positive relationships and increased productivity. Evaluate your notifications by asking three simple questions:

- Why did I get this notification?
- Was it useful to me?
- How can I adjust it so it better suits me?

### Target audience\*

Everyone using digital tools, particularly Microsoft 365 platform

## Register for a full day “Digital Wellbeing” Workshop



\*Not limited to

### Current challenges addressed in the workshop:

The challenge is that there has been no proper training on how to become conscious about tuning your notifications, as well as configure your apps so that you get the right notification at the right time.

**This workshop may change your life, and help you re-start a new more harmonized digital wellbeing**

### Topics covered during the day:

- Notifications in **Microsoft Teams** and mobile apps
- How to tune your **social media platforms** so less overwhelming and more like the useful tool it was intended to be
- **Work is a mindset, not a place**, learn how to mute work apps when not working
- **How to take vacation**, this is a skill everyone needs to learn

**Book the workshop**

### After the workshop

By the end of this workshop, you will be **conscious about notifications in your life**, which will **remove unnecessary interruptions** and help you **focus on what you are doing** Next simple step is go to Settings on your devices and make the changes. Then pay it forward and share digital wellbeing insights with **friends, family and colleagues** and help them be conscious about managing notifications in their lives too

### Next steps:

- Book an assessment or
- Book a Proof of concept (or pilot)
- Book a project

Available services depending on your needs and readiness. Terms, conditions, and pricing are custom to each engagement.

Contact us today to get started: [www.CloudWay.com](http://www.CloudWay.com)