

Your expert in workplace digital wellness.



Digitally Well

CUSTOM CORPORATE TRAINING
WORKSHOPS | WEBINARS
SPEAKING

About.

Digitally Well Inc. is a corporate training provider specializing in workplace digital wellness.

Digital wellness at work refers to creating an environment that promotes the responsible, balanced, and productive use of technology, while simultaneously prioritizing the physical and mental health of employees. Digital wellness encompasses various strategies and practices that help to buffer physical aches and pains associated with tech-use, mitigate tech-related stressors (think zoom fatigue), manage digital distractions to increase focus and productivity, and establish healthy boundaries between work and personal life.

But--it's even broader than that . . .

Digital wellness goes beyond individual well-being to encompass various aspects of the digital workplace, including best practices in team communication, inclusivity and accessibility in virtual spaces, remote and hybrid work optimization, and effective remote leadership skills.

Benefits:

(Just to name a few...)



THE BOTTOM LINE.

Improved well-being equates to lower absenteeism, and increased efficiency and productivity.



BOOST WELL-BEING.

Employees with higher levels of well-being report improved job satisfaction, increased engagement, and overall levels of happiness.



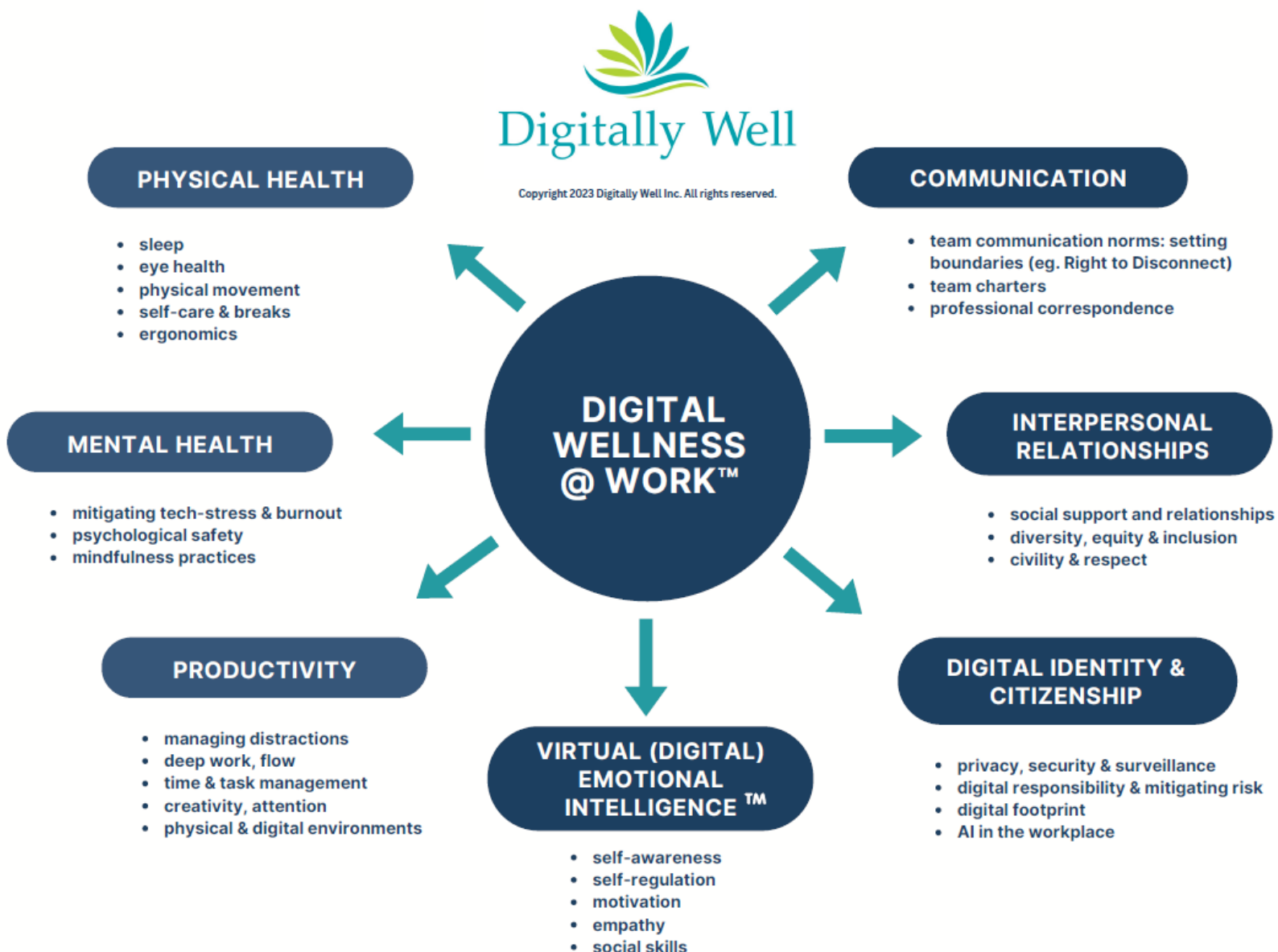
ENHANCED COMPANY CULTURE & REPUTATION.

It's a competitive advantage for businesses to offer well-being programs: leading to improved retention rates and the ability to attract top talent.

Digital Wellness @ Work Framework™

The Digital Wellness @ Work framework outlines the key areas our digital behaviours relate to that affect employee wellness.

This model provides the foundation for course training and research.



Signature Training Sessions

Virtual Emotional Intelligence™

Move beyond the basics of emotional intelligence to acquire the insights and strategies needed to excel in today's digital workplace. Building on Daniel Goleman's five pillars of emotional intelligence, participants learn how human emotion changes across digital channels and can leverage this information to navigate the nuances, complexities, and pitfalls of the modern digital world. Participants will learn strategies to strengthen virtual relationships, and elevate online communication in a way that promotes trust, respect, and understanding.

Digital Wellness @ Work™

It is more important than ever to be mindful of our relationship with technology and its profound impact on--not only our personal health and well-being--but also how we work. And studies reveal that the pressure to be 'always-on' and available, coupled with digital distractions, and tech-related stressors are contributing to burnout, inefficient multi-tasking behaviours, lost productivity, and disengagement.

In this session, participants will identify ways technology impacts their physical health, mental well-being, productivity, and relationships. Through mindfulness practices and digital self-care strategies, employees will learn what it takes to make work more efficient, enjoyable, and sustainable.

Discover how to unplug, recharge, and create a healthier relationship with technology, ensuring your digital wellness at work remains a priority.



Signature Training Sessions

Hybrid & Remote Leadership: Nurturing High Performance Teams in the Digital Age

Leading teams remotely presents unique challenges compared to traditional face-to-face (F2F) leadership. This session is designed to help bridge the gap between traditional and online leadership skills, and provide an innovative approach to managing and motivating teams.

In this session, leaders will gain insights into virtual emotional intelligence™, learn best practices to foster team collaboration and engagement, and explore ways to effectively build trust and meaningful connections with remote teams.

And while face-to-face leadership remains important, the ability to adapt to these evolving work models is crucial for the success of leaders and organizations in today's rapidly changing business landscape.

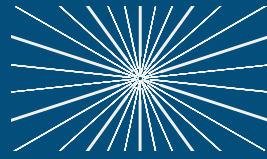
Elevating Hybrid & Remote Work Performance

In an era where remote and hybrid work models have become the norm, mastering the art of productivity, focus, and self-care in these dynamic work environments is essential. This session is designed to equip employees with the skills, techniques, and strategies necessary to thrive in this new work landscape.

Discover proven productivity hacks and time-saving strategies that will empower you to accomplish more in less time. Uncover effective methods for minimizing digital distractions and maximizing focus. Learn how to optimize your physical and digital work-space and remain motivated working from home. Also, explore the four key strategies to effectively collaborate and communicate with virtual teams.



Many progressive organizations are prioritizing digital wellness.



Please join us in being one of them!



“We truly enjoyed Lisa’s talk, especially the points about being an intentional and active user of technology. When we surveyed participant team members, we found that 95% of them felt the webinar was very valuable, and would be applying the strategies to their personal and work lives. We would highly recommend Lisa because she covers many facets of the digital wellness topic discussed– a holistic approach that applies to anyone! She also presented in a clear and concise manner. Thank you Lisa, your work is truly impactful.”

--Joyce & Jocelyn, Bell Communications Team

WHY CHOOSE *Digitally Well?*



Lisa brings over 15 years experience teaching post-secondary education.



Lisa is a certified Digital Wellness educator, holds a Master of Arts degree in Sociology, and a certificate in Mindfulness in Modern Society.



Lisa is a thought leader and contributing LifeSpeak expert on digital well-being.

CONTACT.

If you would like a quote, please email Lisa or instantly book a zoom call using the link:



Calendly Link

Lisa@DigitallyWell.ca



Lisa Pender, M.A.
Founder, Digitally Well Inc.