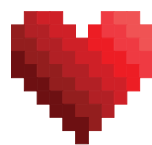


MAKE
TECHNOLOGY
GOOD FOR YOU



DIGITAL HEALTH SERVICE

www.digitalhealthservice.com

HOW CAN **DIGITAL HEALTH HELP?**

Digital Health is the **well-being** and **productivity** people get from the digital technology they use to get things done.

Digital Health Service works from where your company already stands with technology. We help executives, HR managers and internal communications managers raise the performance of their organisation's people.

Digital productivity training is applicable across every business and industry that use modern communications technology.

Digital health is integral to the:

- > effectiveness of communications well-being of staff & reduced stress
- > knowledge sharing & innovation ability to collaborate
- > knowledge working; remote working & flexible hours

CLIENTS INCLUDE

- > The Learning & Skills Council
- > Northern Film & Media
- > McCann Erickson
- > Communities & Local Government
- > Channel 4



WHAT DO WE OFFER?

All our training courses are informal, fun and engaging. They're completely technology free; no computers used or allowed!

Jargon-free, they enable participants to:

- > raise awareness of both their good and bad digital habits
- > take back control of their most fundamental currencies: time, focus and attention
- > de-clutter their digital tools and make better use of their most essential create their own
- > achievable action plan of change for improved performance

The courses will benefit anyone experiencing high stress and low productivity, where their digital tools have become a drain on their performance.

WHO SHOULD ATTEND?

In an era of technological fatigue, overload and confusion, all knowledge workers within organisations suffer from interruption stress and suffer with attention management.

In the current economic climate, it's even more important to train the vital crew of the tighter ship to do their best work without technology becoming a hindrance.

You may run training for your organisation. You see the competitive advantage of your people employing their digital tools with understanding, clarity and a lighter touch.

You may be a knowledge worker seeking a better way to work. Our coaching and training courses are built to help.



DECLUTTER **YOUR INBOX**

“The second the training ended I ran to my email and made different folders and cleared my desktop, I started streamlining every- thing... it’s had a really beneficial effect”



Alexia Cruikshank,
Company Manager - National Youth Theatre

Immediately utilise no-nonsense strategies for effective email management in this short inspiring session. Enabling you to:

- > reduce incoming email
- > make your folder system more effective
- > manage your email stress

This course will benefit anyone experiencing high stress and low productivity, where their email activity has become a significant drain on their performance.

COURSE **DETAILS**

Length: 90 minutes

Group size: 8 - 20 people

Location: on site

Included in the price:

2 x motivating follow-up telephone check-ins for each participant.



MANAGE YOUR **BLACKBERRY**

“Excellent course delivery and accessible structure. There was a sense of calm after the course!”



Participant,
London College of Communication

This motivating session will provide you with all the practical tools you need to manage your Blackberry and interruption stress. Enabling you to:

- > reduce unnecessary email communication
- > reduce stress by managing communication expectations
- > gain an improved sense of control over your work-life

This course will benefit anyone for whom their Blackberry has become a significant conduit of stress, or feels what's often referred to as 'Crackberry addiction'.

COURSE DETAILS

Length: 90 minutes

Group size: 8 - 20 people

Location: on site

Included in the price:

2 x motivating follow-up telephone check-ins for each participant.



LONG-TERM **EMAIL YOGA**

“It was a success, I would certainly recommend it to other people in my industry”



Gwyn March,
Head of Training - McCann Erickson

Is email stress getting you and your organisation down? This calming session will coach you to break free of email stress for good. Enabling you to:

- > prioritise communication effectively
- > reduce email traffic within your organisation
- > take back control of your most fundamental currencies: time, focus and attention

Please note, while the session is interactive, uplifting and dynamic - there is no actual yoga involved unless specifically requested!

COURSE **DETAILS**

Length: 90 minutes

Group size: 8 - 20 people

Location: on site

Included in the price:

2 x motivating follow-up telephone check-ins for each participant.



DIGITAL PRODUCTIVITY WORKSHOP

“With no computers in sight, this was a refreshing change... the splodging of blu-tack, the rustle of big bits of paper and the wiggling of limbs all happen in the space of three hours... we all emerged healthier and feeling more in control of our digital (and analogue) futures”



Andy Holt,

Regional Policy Manager - The Learning & Skills Council

In addition to the benefits mentioned, this workshop enables you to:

- › understand how good and bad digital habits affect the success of your organisation
- › understand RSS, Wikis, Project Hubs, Facebook, Twitter and other technologies
- › collectively create an action plan to stimulate grassroots change in your organisation’s communications culture

Have custom requirements? We love bespoke design - call us to discuss.

COURSE DETAILS

Length: Half day

Group size: 8 to 20 people

Location: on site

Included in the price:

2 x motivating follow-up telephone check-ins for each participant.



ONE-TO-ONE COACHING

“It was like getting all
feng shui... digitally ”

Lisa Devaney,
Director - Hai Media Group



The key people in your organisation need dedicated coaching. We work with them to:

- > co-design their individual learning journey
- > implement the required decisions, approaches and systems
- > set up and learn the technologies that make the most significant impact

COURSE DETAILS

Length: 90 minutes

Group size: 8 - 20 people

Location: on site

Included in the price:

2 x motivating follow-up telephone
check-ins for each participant.



YOUR **TRAINER**

Gavin O'Carroll - Director & Facilitator

Gavin is the founding digital health workshop facilitator. He has a background in theatre, computer programming and design and works as an interactive media designer and consultant. He's doing his best to make being a productivity geek trendy.

Gavin is a NESTA Creative Pioneer for MakeMode; a web design consultancy which he set up in 2004. In 2006 won NESTA seed-funding to develop Rememle.com; a new type of media-sharing web service. His ethos of human-centred design gave rise to the concept of digital health in early 2007. Human-centred design helps us understand how digital technology aligns with a users productivity, well-being, community and society.

“Concise, logical and respectful.” Participant, **Learning & Skills Council**

“Great tutor! Very personable and ‘real’.” Participant, **London College of Communication**

“Excellent, enthusiastic, clear.” Participant, **Institute of Contemporary Arts**

ENQUIRIES

To **book** a session email hello@digitalhealthservice.com.

Phone: 020 8123 6582

Mobile: 07809 375 312

Thanks for your time.

