make technology good for you

digital health service

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 starts 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-day communications technology.

Digital health is integral to:

- *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 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 getting in the way.

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 everything... 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 participants to:

- reduce incoming email
- make your folder system work for them
- manage their email stress

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

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 that will provide participants with all the practical tools they need to manage their Blackberry and interruption stress. Enabling participants to:

- reduce unnecessary email communication
- reduce stress by managing communication expectations
- gain an improved sense of control over their 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'.

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 participants to break free of email stress for good. Enabling participants to:

- prioritise communication effectively
- reduce email traffic in their organisation
- take back control of their 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!

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 participants to:

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

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

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 decisions, approaches and systems needed
- set up and learn the technologies that makes the most significant impact

Length: 1 hour
Recommended 3+ sessions.
Location: on site or via phone if required

Your Trainer

Gavin O'Carroll - Director & Facilitator

Gavin is the founding digital health workshop facilitator. He has a background in theatre, is a rusty programmer and still 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 has ran since 2004 and in 2006 won NESTA seed-funding to develop Rememble.com; a new type of media-sharing web service. His ethos of human-centred design, which takes the design of digital technology beyond usability to consider how it aligns with a users productivity , well-being, life, community and society; gave rise to the concept of digital health in early 2007.

Feedback from courses that Gavin has delivered:

"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 healthmeup@digitalhealthservice.com.
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Thanks for your time.