



Welcome to the newsletter of the DigiWorkWell project!

The post pandemic world provides many employees with new and more flexible options on where, when and how they work.

But it also challenges their physical and mental health at work. Digital technology can bring many benefits to working life, with huge increases in autonomy, productivity, competitiveness and innovation. However, digital overload is an increasing problem: with risks of unrestricted use of technology in the workplace, the negative effects of multitasking and the “always on” culture on individuals’ work performance and their mental health. Moreover, given the rapid pace of change, the vast majority of managers have had to navigate this transition without prior training.

The overall objective of Digi WorkWell is to design, develop and implement a new approach to train SME managers and entrepreneurship teachers across Europe in digital wellbeing. The end result will be to improve the managers own digital competence, while also boosting the capacity of their organisation to manage the transition to digital working life and prevent problems arising for their workforce.

WHO IS INVOLVED IN THIS PROJECT

Project Partners



The DigiWorkWell project is being undertaken by a consortium of 6 organisations across Europe

[Find out more](#)

PROJECT OUTPUTS

THE BUSINESS CASE

This high profile report provides a set of reasons and supporting materials such as an Executive Summary, case studies and infographics that highlights the trends of digital wellbeing and raises awareness about the importance of introducing training for Managers in managing and supporting employees digital usage while working.

This is already available in our website!



DIGIWORKWELL TRAINING PACKAGE

An important part of the project will be an easy-to-use, comprehensive but simple on-line and open training course developed by the project consortium. It will be based on a needs assessment and analysis as well as prior materials and results from the project.

This will be available in the Autumn of 2023.

DIGITAL WELLBEING CHECK-UP TOOL

The DigiWorkWell team is developing an interactive online tool to support SME managers in evaluating their strengths and weaknesses in relation to employee digital wellbeing. It will also help define a suitable pathway through the DigiWorkWell learning materials. The check-up tool will be based upon 5 pillars:

- Digital overload
- Communication within work
- Physical and health concerns
- Mental health
- Technology as an addiction.

This will be available in the Autumn of 2023.



PROJECT PROGRESS

Each product is designed to be used as independent resource. However, they also work together: partners build on the content developed in previous resources and managers can find related knowledge and skills development in all three.

So far, our 1st main project result - the Business Case for Employee Digital Wellbeing has been developed to enable partners to quickly engage in knowledge sharing and peer learning. This lays ground

[Download for free](#)

LASTEST NEWS



Digital communication in the workplace causing stress

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What shall we do to avoid information overload

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