

# MAKING SPACE

PRODUCTIVITY TRAINING



# A NEW WAY TO RECLAIM YOUR DIGITAL WELLBEING

Exhausted at work? Struggling to focus? Feeling distracted and close to burn out?

Perhaps it's time to make space in your life to rethink your digital habits?

What if you could be productive and rested by living an ordered, rhythmical life?

What if habitually unplugging from digital technology was not simply a means of surviving week by week but a strategy to produce your best work and live your best life.

This productivity course is based on our award-winning book **Spacemaker**, winner of the Australian Business Book Awards (Best Personal Development Book in 2021).

## TRAINING OUTLINE

### THEORY

Discover why our productivity and wellbeing suffers when we overuse digital technology.

Recognise the signs of digital overuse and how to improve health, happiness and productivity.

### PRACTICE

Establish annual, weekly and daily practices of self-care by unplugging from tech as a habit.

Learn to say 'no' or 'not yet' and establish healthy digital boundaries in a hybrid work environment.

Reflect on a series of practices to think deeply, rest fully, and enjoy a broad range of activities away from a screen.

## BOOK A SESSION

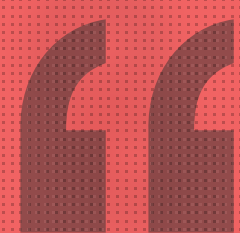
**TIME** 3 hours duration includes a 15 minute break

**COST** \$2000 AUD for in-house teams of up to 25 people.

**HOW** Training provided in Hobart or using Zoom or MS Teams.

Includes follow up videos and resources.

**WEB** [spacemakers.com.au/book](https://spacemakers.com.au/book)



My team loved this course. It was a chance to rethink our digital habits and invest in our people in a fresh way.

 spacemakers®