

Health in the context of digitization





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Intention

Digitization confronts companies with the challenge of adapting quickly and agile to new conditions. The speed and the consequences of a VUCA world radiate on the personal feelings.
Leaving your own comfort zone requires additional energy.
Change is often viewed negatively.

Opportunities and healthy tension are energizers that bring us forward.

Goal

- Being aware of the change in the world of work
- Reflect on the digital society and see change as an opportunity
- Strengthen your own drive and actively mobilize your own resources
- Get to know tools that help in the digital world

Target group: all

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Digital Camp



- **I am developing into Homo Digitalis?!**
Design of my personal digital environment.
- **Digitization requires mindfulness!**
Self-awareness and self-management.
- **The evolution to a digital society** -
what impact does this have on me?
- Dealing with automation and robotics
- Create simplicity in a world of increasing complexity
- Strengthen and stabilize resources in the digital environment
- Setting priorities: digitization serves me, not the other way around
- Selective use of digital sources

Duration: 3 hours

Format: Digital Camp via WebEx

**The greatest
wealth is
health.**

**HEALTH
&
FOCUS**

Contact



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