**Training Fiche Template**

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| **Title** | **PSYCHOLOGICAL NEEDS AND MENTAL WELL-BEING - MAINTAINING CONNECTION WITH WORLD AROUND YOU** | |
| **Keywords (meta tag)** | Digital well-being, connection with your team, remote work communication | |
| **Language** | English | |
| **Objectives  / Goals / Learning outcomes** | * Define digital well-being * Identify ways to maintain connection with your team * Identify rules for successful remote work communication * Determine activities for maintaining connection with world around you | |
| **Training area: (Select one)** | | |
| **Online / Digital Marketing / Cyber-Security** | |  |
| **E-Commerce / Financing** | |  |
| **Digital Well-Being** | | **X** |
| **Smart work / Digital Nomads** | |  |
| **Description** | Our well-being is closely connected with the state of our digital environment that mediates our interaction with it, which poses pressing questions concerning the impact of digital technologies on our well-being. The term ‘digital well-being’ is used to refer to the impact of digital technologies on what it means to live a life that is good for a human being. This unit, entitled **Maintaining connection with world around you**, looks et the definitions of digital well-being. It also identifies ways to maintain connection with your team and rules for successful remote work communication. Finally, it determines activities for maintaining connection with world around you. | |
| **Contents arranged in 3 levels** | 1. **Psychological needs and mental well-being**   **2.1 Maintaining connection with world around you**  2.1.1 Defining digital well-being  2.1.2. Maintaining connection with your team  2.1.3. Remote work communication  2.1.4. Connection with the outside world | |
| **Self-evaluation (multiple choice queries and answers)** | 1. **The impact of digital technologies on what it means to live a life that is good for a human being is:**   **a.- Digital well-being**  b.- Social well-being  c.- Personal well-being   1. **It’s important that companies create an environment where:**   a.- leadership is separated from employees  b.- leadership and employees are not connected while working from home  **c.- leadership and employees can stay connected while working from home.**   1. **Encouraging staff to have a virtual lunch together**   a.- does not have any influence on human well-being  **b.- will positively influence the connection with your team**  c.- negatively influence work productivity   1. **If you’re interested in making and maintaining good relationships with your clients you should:**   **a.- meet with clients in person**  b.- take in-house projects  c.- join interest and sports clubs  **5. For successful remote work communication it is important to:**   1. do not communicate when you have doubts 2. communicate when you are bored 3. **communicate when you have doubts** | |
| **Resources (videos, reference link)** | * Digital well-being   <https://www.youtube.com/watch?v=rt5LY5TeTVQ>   * Remote work communication   <https://www.youtube.com/watch?v=BvGM6BJDYXI> | |
| **Related material** |  | |
| **Related PPT** | ESMERALD\_EMPATHY\_UNIDU.pptx | |
| **Bibliography** | * Burr, C., & Floridi, L. (2020). The ethics of digital well-being: A multidisciplinary perspective. In Ethics of digital well-being (pp. 1-29). Springer, Cham. * Burr, C., Taddeo, M., & Floridi, L. (2020). The ethics of digital well-being: A thematic review. Science and engineering ethics, 26(4), 2313-2343. * Cecchinato, M. E., Rooksby, J., Hiniker, A., Munson, S., Lukoff, K., Ciolfi, L., Theim, A. & Harrison, D. (2019, May). Designing for digital wellbeing: A research & practice agenda. In Extended abstracts of the 2019 CHI conference on human factors in computing systems (pp. 1-8). * Gui, M., Fasoli, M., & Carradore, R. (2017). “Digital well-being”. Developing a new theoretical tool for media literacy research. Italian Journal of Sociology of Education, 9(1). * Vanden Abeele, M. M. (2021). Digital wellbeing as a dynamic construct. Communication Theory, 31(4), 932-955. * <https://www.flexjobs.com/employer-blog/stay-connected-team-working-from-home-remotely/> * <https://www.halfhalftravel.com/remote-work/stay-connected-while-working-from-home.html> * <https://www.kalido.me/how-to-stay-connected-while-working-from-home/> | |
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