**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-being2.1.2. Maintaining connection with your team2.1.3. Remote work communication2.1.4. 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-beingc.- Personal well-being1. **It’s important that companies create an environment where:**

a.- leadership is separated from employeesb.- 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 productivity1. **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 projectsc.- 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**
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| **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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