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## You can train SME Managers to lead change

The Digital Crossroads Training Programme is finished! So are you keen to improve your organisations knowledge, skills and confidence in managing the digital wellbeing of your employees?

Take a look at this new set of open educational resources for SME managers.

### What are the Training Resources Available?

Owners, Managers and Human Resources staff from **small companies can use the resources for free**, to learn how the use of digital devices can have negative consequences for businesses, not only in terms of productivity and performance, but also employees' mental and physical health.

1. **An Online Self-Assessment Tool**- Measure the digital wellbeing in your workplace.
2. **Open education resources** - 4 modules
  1. Introduction to Digital Wellbeing
  2. Technology addiction and guidance for digital systems and tools.
  3. Impact of digital activities on your own and other's health.
  4. Managing Digital Workload
3. **Online Platform**



## Why is Digital Wellness Important?

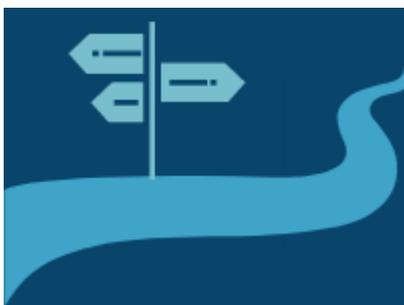
### Stronger employee engagement and higher productivity:

The average business worker uses more than 9 different applications to get work done. By promoting digital wellness through digital workspace technologies that encourage focus and reduce distraction, organizations can reduce worker exhaustion and improve employee engagement and productivity.

### Digital overload can greatly impact your mental health.

## Access the Resources Here...

Here's how to evaluate your own strengths and weaknesses



1. The Digital Wellbeing Pathway Creator is an interactive online tool you can access now. [Check it out here.](#)

Dive into the training course now the resources are live!



2. The Digital Crossroads training materials and case studies are to help SMEs prevent digital overload. [Check It Out Here!](#)

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about Digital Crossroads and who our project partners are can all be found on the Digital Crossroads website. Where the resources are all **free** and readily available and in English and German.

3. The Online Platform - digital access to the resources. [Check It Out Here!](#)

[Visit the Digital Crossroads Website](#)

## Get involved

Look out for further information about Digital Crossroads, including ways in which you can get involved. To register your interest now, please email us at [carol.daniels@nationalenterprisenetwork.org](mailto:carol.daniels@nationalenterprisenetwork.org)



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