Always On: Managing Life in a Digital World

Create healthier digital habits and a more balanced relationship with technology.

Irish Life

Wellbeing

Format
On-demand video

Video Duration
25 mins

Audience
All employees

Facilitated by
Irish Life Wellbeing Consultants

Help employees create balance in an always-on world

CONTACT US

Programme highlights

1. Understand how constant connectivity influences wellbeing, focus and stress
2. Recognise common digital habits that can impact productivity and mental health
3. Learn practical techniques to manage notifications, distractions and screen time
4. Explore strategies for creating healthier boundaries with technology and social media
5. Discover how to use technology more intentionally to support wellbeing and connection

Employee impact

1. Greater awareness and control of digital habits
2. Improved focus, concentration and productivity
3. Reduced digital overwhelm and mental fatigue
4. Healthier boundaries between work, life and technology
5. More intentional use of technology to support wellbeing



Who is this for?

Employees who want to better understand the impact of technology on their wellbeing, attention and productivity, and learn practical ways to create healthier digital habits in an increasingly connected world.

Invest in wellbeing. See the difference

Supporting employees creates healthier teams, stronger engagement and a more inclusive workplace.